



## SPINAL CORD INJURY RESOURCE GUIDE



# SPINAL CORD INJURY RESOURCE GUIDE



**September 2004**

prepared by  
**SPINAL CORD INJURY PROGRAM**  
**Woodrow Wilson Rehabilitation Center**  
Department of Rehabilitative Services

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**September 2004**



## **SPINAL CORD INJURY RESOURCE GUIDE**



WWRC Box 279  
PO Box 1500  
Fishersville, Virginia 22939-1500  
(540) 332-7200



# SPINAL CORD INJURY RESOURCE GUIDE



## SPINAL CORD INJURY RESOURCE GUIDE

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## SPINAL CORD INJURY RESOURCE GUIDE



**This resource guide is provided to you as a public service of Woodrow Wilson Rehabilitation Center (WWRC). Please direct any questions, comments or suggestions to:**

### **Spinal Cord Injury Program**

WWRC Box 279  
PO Box 1500  
Fishersville, Virginia 22939-1500  
540-332-7200  
1-800-345-9972 (Toll free in VA)  
ext. 27200

### Staff Support

Paige Moore, OTR, Director  
800-345-9972, ext. 2-7117

Mary Sue Kerr  
Mary Ann Stiffler, COTA

### **Administrative Agency**

Virginia Department of Rehabilitative Services  
8004 Franklin Farms Drive  
Richmond, Virginia 23288  
(800) 552-5019 - (804) 662-7000



## SPINAL CORD INJURY RESOURCE GUIDE



### Spinal Cord Injury Medical Follow-up Clinics

Medical Follow-up is especially important to the person with a spinal cord injury. It is important that any medical professional consulted be familiar with spinal cord injuries. The facilities listed below are experienced in the care of persons with spinal cord injury. These clinics cannot take the place of a primary care physician but specialize in the care of spinal cord injuries and resulting complications.

#### **WOODROW WILSON REHABILITATION CENTER (WWRC)**

*SCI Follow-up Clinic - held 3rd Friday of every month. Physiatrist directed clinic. A physiatrist, nurse, PT, OT, and social worker are always present. Other physicians and rehabilitation engineer are on call. Wheelchair/seating evaluations are done by prior appointment. Accessible bathrooms are at the clinic location. Contact Joanne Eimers, 1-1-800-345-9972, ext. 2-7017.*

Mobile Clinic - Held three times a year with locations in Abingdon, Big Stone Gap and on-site. Contact Admissions Department, 1-800-345-9972, ext. 2-7948, or 540-332-7948.

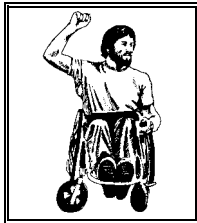
SCI Outpatient Appointments - Scheduled on an individual basis. Contact Joanne Eimers, Admissions Department, 1-800-345-9972, ext. 2-7017, or 540-332-7017.

#### **UNIVERSITY OF VIRGINIA MEDICAL CENTER (UVA)**

SCI Follow-up Clinic - Physician directed clinic. A physician, OT, PT, rehabilitation engineer are always present. A nurse is on call. Wheelchair/seating evaluations are done at the visit. Accessible bathrooms are within 100 yards. For an appointment, please contact Sandy Jo Sclater at 434-243-5600.

Seating Clinic held every Wednesday morning at Health South. Contact the Seating Clinic at 434-244-2000.

Kluge Children's Rehabilitation Center Pediatric SCI Clinic (Birth - 21 yrs.) Held every fifth Wednesday in the Outpatient Department and other times by appointment. A physician, developmental pediatrician, orthopedic surgeon, nurse, OT, PT, social worker, psychologist, educational consultant, computer technical consultant and rehabilitation engineer are always present. A peer counselor is on call. Wheelchair/seating evaluations are available at the clinic visit. Accessible bathrooms are at the clinic location. Appointments as needed. Contact Karen Johnson, RN, 1-800-627-8596.



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### Spinal Cord Injury Medical Follow-up Clinics (cont.)

#### **MEDICAL COLLEGE OF VIRGINIA (MCV)**

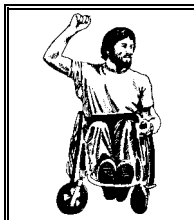
SCI Follow-up Clinic – held every Tuesday. Contact Rose for appointments with Dr. William McKinley, SCI Medical Director, 804-828-4097. Rose Tyler, RN, are available for questions.

Physiatrist directed clinic. Held weekly by appointment. A physiatrist, other physicians and registered nurse are always present. Wheelchair/seating evaluations are done by referral. Each year 200 people are seen in this clinic. Accessible bathrooms are at the clinic location.

Urology Clinic – Call clinic at 804-828-9331.

### **Primary Care Physicians (Family Doctors)**

Everyone needs a physician to treat common ailments, someone who is familiar with his/her medical history. This is especially true for the person with a spinal cord injury. A spinal cord injury affects all body systems. It is important that your personal, family, primary physician be familiar with the effects of a spinal cord injury and the resulting complications. Often, it is difficult to find a physician familiar with these aspects of care. Contact your local Center for Independent Living Center or Department of Rehabilitative Services Office to see if they know anyone in your local area.



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### Wheelchair Sports/Recreation

**Artists Communities:** The Millay Colony for the Arts is located in upstate New York. Acceptance to the Millay Colony is a real coup for any writer, composer or visual artist. A residency there means 28 days of creative solitude, and its free and now accessible. For more information, call 518-392-3103 or E-mail: [info@millaycolony.org](mailto:info@millaycolony.org). [www.millaycolony.org](http://www.millaycolony.org)

**Arts Workshop** - VSA Arts of Virginia - Richmond's DaVinci Project offers an Open Studio during the week and a Saturday Arts Workshop staffed by professional artists offering encouragement and support to participants. Anyone with a disability may apply. Participants are chosen based on their desire to create art. There is no fee to participate and art supplies are provided free of charge, although donations are appreciated. The DaVinci Project offers experiences in music, dance, drama, creative writing and visual arts to Virginians with disabilities. The DaVinci Project Open Studio and Very Special Arts Virginia office and gallery are located at 1715 W. Main Street, PO Box 27862, Richmond VA 23261. Telephone 804-358-4991. Fax: 804-358-4992. Nancy Gray, Executive Director

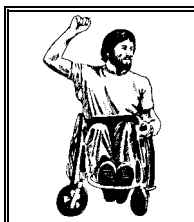
**Blue Ridge Riders Wheelchair Athletic Association & LEAP Program** is a volunteer organization that provides opportunities to participate in recreational activities and competitive wheelchair sports. This organization encourages support between persons with older injuries and newly injured individuals and plans and implements awareness programs for local school systems, clubs and religious organizations. It sponsors yearly trips to the World's largest accessible Wheelchair Sports Camp in Alabama for water skiing, jet skiing, scuba diving, skeet shooting, archery, horseback riding, fishing and boating activities. Water skiing clinics are held at Smith Mountain Lake. Other activities include yearly snow skiing trips to Massanutten Ski Resort and sponsorship for newly injured athletes to attend the Mid-Atlantic Wheelchair Games held each May. For more information, contact Recreational Therapy Department at 540-332-4050, Amie Trinca or write c/o The Blue Ridge Riders, Augusta Medical Center, Recreational Therapy Department, 78 Medical Center Drive, Fishersville, VA 22939.

### Wheelchair Sports Associations

**American Canoe Association** - 7432 Alban Station Blvd., Ste. B-232, Springfield, Va. 22150, or call 703-451-0141; Fax 703-451-2245. [www.acanet.org](http://www.acanet.org)

**American Wheelchair Bowling Association** - 2912 County Woods Lane, Palm Harbor, FL 34683, or call 727-734-0023. [www.awba.org](http://www.awba.org) or E-mail: [bowlawba@aol.com](mailto:bowlawba@aol.com)

**American Wheelchair Table Tennis Association** - 23 Parker St., Port Chester, NY 10573, or call 914-937-3932. [www.aapmr.org/condtreat/athletics\\_9a.htm](http://www.aapmr.org/condtreat/athletics_9a.htm)



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### Wheelchair Sports Associations, (cont.)

**Crank Chair Racing Association** - 3294 Lake Redding Drive, Redding, CA 96003-3311, or call 530-244-3577.

**Disabled Sports USA** - 451 Hungerford Dr., Ste. 100, Rockville, MD 20850, or call 301-217-0960. FAX 301-217-0963. [www.dsusa.org](http://www.dsusa.org)

**National Wheelchair Basketball Association** - 6917 Grand Prairie Drive, Colorado Springs, CO 80918. [www.nwba.org](http://www.nwba.org) or e-mail [toddhatfield@nwba.org](mailto:toddhatfield@nwba.org)

**National Wheelchair Poolplayer Association, Inc.** - 9651 Halwkulani Drive, Garden Grove, CA 92841 714-636-3371 [www.nwpainc.com](http://www.nwpainc.com)

**National Wheelchair Softball Association** - 1616 Todd Court., Hastings, MN 55033, or call 612-437-1792. [www.wheelchairsoftball.com](http://www.wheelchairsoftball.com)

**North American Riding for the Handicapped Association (NARHA)** - NARHA was founded in 1969 to promote and support therapeutic riding in the U.S. and Canada. There are fourteen accredited riding centers in Virginia. For further information write to NARHA, P. O. Box 33150, Denver, CO 80233, or call 1-800-369-RIDE (7433). [www.narha.org](http://www.narha.org) or E-mail [NARHA@NARHA.ORG](mailto:NARHA@NARHA.ORG)

**Sun Wheelers Sports** - was organized in 1979. Sun Wheelers, Inc. is a volunteer non profit organization made up of wheelchair athletes, friends and supporters of wheelchair sports. You may write to 4164 Virginia Beach Blvd., Suite 100, Virginia Beach, VA 23452, or call 757-486-3789. [www.geocities.com/sun\\_wheelers/](http://www.geocities.com/sun_wheelers/)

**United States Handcycling Federation** - P. O. Box 3538, Evergreen, CO 80437 or call 303-679-2770. [www.ushf.org](http://www.ushf.org)

**United States Rowing Association** - 201 South Capitol Ave., Ste. 400, Indianapolis, IN 46225, or call 317-237-5656. FAX 317-237-5646. [www.usrowing.org](http://www.usrowing.org)

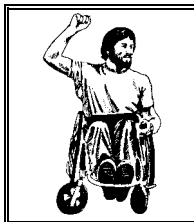
**United States Wheelchair Swimming, Inc., c/o Wheelchair Sports, U.S.A.** - 3595 E. Fountain Blvd., Ste. L-1, Colorado Springs, CO 80910, or call 719-574-1150.

**United States Wheelchair Weightlifting Federation** - 39 Michael Pl., Levittown, PA 19057, or call 215-945-1964.

**Wheelchair Athletics of the U.S.A.** - 1475 West Gray #161, Houston, TX 77019. 770-972-0763.

**Wheelchair Archery, USA, c/o Wheelchair Sports, U.S.A.** - 3595 E. Fountain Blvd., Ste. L-1, Colorado Springs, CO 80910, or call 719-574-1150. FAX 719-574-9840.





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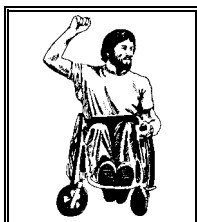


## Telephone Numbers

Being informed is essential in today's world. This is especially true for a person with a spinal cord injury. Often the information is just a phone call away. The phone numbers here are just a partial listing, if there is a number you need and you don't see it, give us a call we'll try to help. If you find a phone number that is particularly helpful, please share with us, we are always interested in new resources and information.

## THE ADA TITLES

- I. EMPLOYMENT
- II. PUBLIC SERVICES
  - Subtitle A - Prohibition Against Discrimination and Other Generally Applicable Provisions
  - Subtitle B - Actions Applicable to Public Transportation Provided by Public Entities Considered Discriminatory
    - Part I - Public Transportation Other Than by Aircraft or Certain Rail Operations
    - Part II - Public Transportation by Intercity and Commuter Rail
- III. PUBLIC ACCOMMODATIONS AND SERVICES OPERATED BY PRIVATE ENTITIES
- IV. TELECOMMUNICATIONS
- V. MISCELLANEOUS PROVISIONS
  - Sec. 501. Construction
  - Sec. 502. State Immunity
  - Sec. 503. Prohibition Against Retaliation and Coercion
  - Sec. 504. Regulations by the Architectural and Transportation Barriers Compliance Board
  - Sec. 505. Attorney's Fees
  - Sec. 506. Technical Assistance
  - Sec. 507. Federal Wilderness Areas
  - Sec. 508. Transvestites
  - Sec. 509. Coverage of Congress and the Agencies of the Legislative Branch
  - Sec. 510. Illegal Use of Drugs
  - Sec. 511. Definitions
  - Sec. 512. Amendments to the Rehabilitation Act
  - Sec. 513. Alternative Means of Dispute Resolution
  - Sec. 514. Severability



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### Telephone Numbers for ADA Technical Assistance

Office of Disability Employment Policy under the Department of Labor  
**202-376-6200 (voice) or 202-376-6205 (TTY)**

Job Accommodation Network, A Service of the President's Committee  
**800-526-7234 (voice/TTY)**

Architectural and Transportation Barriers Compliance Board  
**800-872-2253 (voice/TTY) or 202-272-5434 (voice) or 202-272-5449 (TTY)**

U.S. Department of Justice  
**202-514-0301 (voice) or 202-514-0383 (TTY) or 800-514-0301 (voice) or 800-514-0383 (TTY)**

U.S. Department of Transportation  
**202-366-9306 or 1656 (voice) or 202-366-7687 or 2979 (TTY)**

Disability Rights Education and Defense Fund  
**202-986-0375 (voice/TTY) or 510-644-2555 (voice) or 510-644-2626 (TTY)**

Equal Employment Opportunity Commission  
**800-669-4000 (voice) or 800-669-3302 (TTY)**  
**800-669-3362 Publications only (voice)**

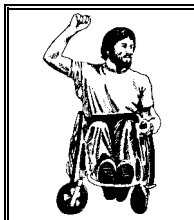
Federal Communications Commission  
**202-632-7260 or 634-1808 (voice) or 202-632-6999 (TTY)**

National Association of Protection and Advocacy Systems  
**202-408-9514 (voice) or 202-408-9521 (TTY)**

National Institute on Disability and Rehabilitation Research  
**202-205-9151 (voice) or 202-205-9136 (TTY)**

Project Action - National Easter Seal Society  
**202-347-3066 (voice) or 202-347-7385 (TTY)**

Rehabilitation Services Administration  
**202-205-5482 (voice) or 202-205-5538 (TTY)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers, (cont.)

#### **ADA/Housing**

Americans with Disabilities Act (ADA) Information Line **1-800-514-0301**

ADA Technical Information Line **1-800-514-0301 (Voice) 514-0383 (TTY)**

Personnel will reply to calls from 1PM to 5PM EST, Monday through Friday, the phone line will be answered electronically 24 hours a day. **[www.ada.gov](http://www.ada.gov)**

Architectural and Transportation Barriers Compliance Board **1-202-272-5434**

Center for Universal Design **1-800-647-6777** **[www.deign.ncsu.edu](http://www.deign.ncsu.edu)**

National Center on Accessibility (parks and recreational facilities) **1-812-856-4422**  
**[www.ncaonline.org](http://www.ncaonline.org)**

National Accessible Apartment Clearinghouse **1-800-421-1221; Fax 703-518-6191**  
**[www.forrent.com/naac/](http://www.forrent.com/naac/)**

#### **Advocacy**

ADAPT **303-733-9324 (CO)** E-mail – [national@adapt.org](mailto:national@adapt.org)  
**512-442-0252 (Texas)** E-mail – [adapt@adapt.org](mailto:adapt@adapt.org)  
**[www.adapt.org](http://www.adapt.org)**

Client Assistance Program--Department for Rights of People with Disabilities  
The Client Assistance Program (CAP) serves all applicants and clients of the Department of Rehabilitative Services (DRS), the Department for the Visually Handicapped (DVH) and Centers for Independent Living (CILS). CAP's goal is to assist persons with disabilities in receiving services necessary from DRS, DVH and CILs. All agency services are free of charge.  
Central & Richmond Offices **1-800-552-3962 / 804-225-2042**  
Virginia Beach 757-552-1148 and Staunton 540-332-7130, VA offices  
**[www.wsh.state.va.us/DRVD.htm](http://www.wsh.state.va.us/DRVD.htm)**

Multi Family Housing Clearinghouse: **1-800-685-8470**

National Council on Disability: **1-202-272-2004** **[www.ncd.gov](http://www.ncd.gov)**

National Organization on Disability: **1-202-293-5960** **[www.nod.org](http://www.nod.org)**

Paralyzed Veterans of America: **1-800-424-8200** **[www.pva.org](http://www.pva.org)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

Parent Advocacy Coalition for Education Rights (Pacer Center) **952-838-9000**

E-mail [pacer@pacer.org](mailto:pacer@pacer.org) - [www.pacer.org](http://www.pacer.org)

Protection & Advocacy (P&A) Systems - **1-202-408-9514 Fax 202-408-9520**

Congress created P&A in 1975 as a federally directed system of legal advocacy necessary “to ensure the humane care, treatment, habilitation, and protection of mentally retarded (sic) and other persons with developmental disabilities.” Subsequent expansion created new programs to serve others with disabilities, including people with spinal cord injury/damage (SCI/D). P&A’s are the largest providers of legally based advocacy services to individuals with disabilities in the United States. Because of their special mandate to protect statutory and constitutional rights of this population, P&As can bring lawsuits as plaintiffs without having a personal stake in the outcome of the controversy justifying the court’s jurisdiction. Approximately 98% of P&A cases are settled voluntarily, without resorting to litigation. [www.workworld.org](http://www.workworld.org)

**Alcohol and Drug Abuse Helpline - 800-234-0420**

**[www.focushealthcare.com](http://www.focushealthcare.com)**

### **Children/Youth**

National Information Center for Children and Youth with Disabilities **1-800-695-0285**

**[www.kidsource.com](http://www.kidsource.com)**

Shriners Hospitals for Children, Pennsylvania **1-800-237-5055 [www.shrinershq.org](http://www.shrinershq.org)**

This hospital offers a complete range of specialized medical and rehabilitation services to children (from birth to 18 years of age) who have orthopedic disorders and spinal cord injuries. Utilizing an interdisciplinary approach together with a family centered philosophy, the rehabilitative team provides an extensive array of inpatient and outpatient programs. All care provided at Shriners Hospitals is totally without charge to the patient and family.

### **Department of Justice**

Technical assistance to the public concerning ADA titles II and III.

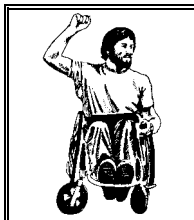
Documents and questions: **1-800-514-0301 / 514-0383 (TTY)**

Within Washington, DC: **202-514-0301 / 514-0383 (TTY)**

### **Department of Labor, Office of Federal Contract Compliance Programs**

Technical assistance concerning accessibility standards that apply to federal contractors.

Section 503, Rehabilitation Act: **1-866-487-2365.**



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### Telephone Numbers (cont.)

#### **Department of Transportation**

Technical assistance concerning the public transportation provisions of ADA title II and III. **888-446-4511**

Technical assistance on accessibility standards that apply to air transportation under the Air Carrier Access Act (ACAA). **800-949-4232 or 800-778-4838**  
**[www.dlrp.org/html/guide\\_to/aca.html](http://www.dlrp.org/html/guide_to/aca.html)**

**Americans with Disabilities Act Information and Technology Center** **1-800-949-4232.**

#### **Disability Rights Education and Defense Fund**

Technical assistance on all ADA titles.

**202-986-0375**

Main office CA: **510-644-2555**

**[www.dredf.org](http://www.dredf.org)**

**Educational Resources Informational Center (ERIC)** Offers a wealth of information for parents. They can locate information about special education needs of students with disabilities. A network of 16 clearinghouses and 10 adjunct centers work together to cover all subjects and grade levels, including elementary and early childhood, adult, rural, urban and higher education. To order free brochures or to obtain referrals to the clearinghouses that can best answer your questions, call **1-800-538-3742 or 301-519-5157.** **[www.eric.ed.gov](http://www.eric.ed.gov)**

#### **Employment/Related Services**

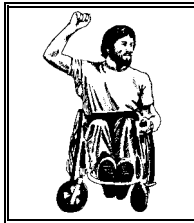
Equal Opportunity Employment Commission **1-800-669-4000**

Jan Accommodation Network (JAN) **1-800-526-7234** **[www.janweb.icdi.wvu.edu](http://www.janweb.icdi.wvu.edu)**

National Rehabilitation Information Center **1-800-346-2742** **[www.naric.com](http://www.naric.com)**

President's Committee on Employment of People with Disabilities **202-376-6200**

Virginia Department of Rehabilitative Services **1-800-552-5019 or 804-662-7000**  
Woodrow Wilson Rehabilitation Center (WWRC) **1-800-345-9972** (in Virginia)  
or **540-332-7390**



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### Telephone Numbers (cont.)

#### **Equal Employment Opportunity Commission (EEOC)**

Technical assistance about ADA title I.

Documents: **1-800-669-3362 / 1-800-669-3302 (TTY)**

Questions: **1-800-669-4000 (voice) 800-669-6820 (TTY)**

**[www.eeoc.gov](http://www.eeoc.gov)**

#### **Equipment/Supplies**

Information Referral of United Way

Access to information on assistive technology resources from simple, low tech devices to the latest space-age wizardry. Help with finding ways to pay for assistive technology devices. Help for employers in identifying the best ways to accommodate individuals with disabilities.

**1-800-230-6977 (to contact your local information center)**

Virginia Centers for Independent Living, see listing on pages 78-81.

Spinal Cord Injury Program at WWRC **1-800-345-9972 (in Virginia) / 540-332-7200**

Provides assistance in linking with other consumers who have direct contact/experience with vendors.



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

Supply vendors in Virginia:

Please note that this list represents examples of companies that stock supplies.

#### **Abingdon, VA**

Ellis Pharmacy & Home Health  
276-623-8181

#### **Alexandria, VA**

American Medical Mobility  
703-256-1118

Landmark Professional Pharmacy  
703-823-7430

Rehabilitation Equipment Pros  
703-370-2100

#### **Arlington, VA**

Preston's Pharmacy  
703-522-3412

#### **Bluefield, VA**

Med-Response Incorporated  
276-322-4987

#### **Charlottesville, VA**

Alpha Medical Aids  
434-971-7300

Charlottesville Rehabilitation  
434-971-8808

American Home Patient  
434-293-8737

Lincare  
434-974-6688

Medicorp Home Health Services  
434-296-8310

Pediatric Connections  
434-220-6000

#### **Charlottesville, VA Cont.**

Roberts Home Medical  
434-973-7847

#### **Chase City, VA**

Atlantic Medical Incorporated  
434-372-5760

#### **Chatham, VA**

Woodfin's Pharmacy  
434-432-2711

#### **Chesapeake, VA**

Conva-Aid Incorporated  
757-485-0404

#### **Chilhowie, VA**

Lifeline Home Medical Incorporated  
276-646-5030

#### **Christiansburg, VA**

Rotech Home Medical Care Inc.  
540-382-0049

#### **Danville, VA**

Commonwealth Pharmacy  
434-793-3784

Professional Pharmacy  
434-793-2221

#### **Emporia, VA**

Clay Home Medical  
434-348-0888

#### **Farmville, VA**

American Home Patient  
434-392-1853



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### **Farmville, VA Cont.**

Brunswick Respiratory & Med  
434-392-1080

### **Fishersville, VA**

United Seating and Mobility  
540-332-7211

AMC Care Home Medical  
540-332-4959

### **Forest, VA**

Allsafe Equipment & Supply Co.  
434-525-0494

### **Fredericksburg, VA**

Metro Drug Store  
540-373-2424

### **Front Royal, VA**

Valley Home Care  
540-635-7444

### **HaliFax, VA**

HaliFax Pharmacy  
434-476-6543

### **Hampton, VA**

Paradapt Equipment Svc Inc  
757-722-7700

Roberts Home Medical  
757-825-0110

### **Harrisonburg, VA**

Roberts Home Medical  
540-564-1194

Williamson Hughes Pharmacy  
540-434-2372

### **Hillsville, VA**

Blue Ridge Pharmacy  
276-728-5187

### **Hollins, VA**

Crouch's Pharmacy Incorporated  
540-366-3179

### **Hopewell, VA**

Circle View Pharmacy  
804-458-8553

Health Reliance  
804-458-2818

### **Leesburg, VA**

Esprit Home Care  
703-777-3389

Leesburg Pharmacy  
703-777-5333

### **Manassas, VA**

Manassas Pharmacy  
703-361-1332

### **Marion, VA**

Ellis Home Oxygen & Medical  
276-783-6868

### **Mathews, VA**

Medicine Shoppe Pharmacy  
804-725-2556

### **Orange, VA**

Grymes Drug Store  
540-672-1241

### **Palmyra, VA**

Carlton Medical Supplies  
434-589-6090

### **Portsmouth, VA**

Mobility Products & Svc  
757-399-4997

### **Powhatan, VA**

Ideal Home Medical Supply  
804-598-8611





## SPINAL CORD INJURY RESOURCE GUIDE



### **Prince George, VA**

Prince George Pharmacy  
804-861-3400

### **Pulaski, VA**

Advanced Health Svc  
540-994-9811

Allen Providing Health Care  
540-980-6022

### **Richmond, VA**

Accu Med Incorporated  
804-754-3900

American Home Patient  
804-794-0651

Bremo-Westhampton Pharmacy  
804-288-8361

Discount Medical Supplies  
804-354-6746

Paradapt Services  
804-233-8267

### **Richmond, VA Cont.**

Plaza Professional Pharmacy  
804-264-1319

West Home Health Care Inc  
804-353-7703

### **Roanoke, VA**

Lincare  
540-344-8677

### **Roanoke, VA Cont.**

Rotech Home Medical Care Inc  
540-563-8540

### **South Boston, VA**

Atlantic Medical Incorporated  
804-572-1853

### **Springfield, VA**

Access Home Medical Equip.  
703-451-2058

Apothecary Incorporated  
703-451-8990

### **Staunton, VA**

Medicine Shoppe Pharmacy  
540-885-0095

### **Tazewell, VA**

Med-Response Incorporated  
276-979-0050

### **Vansant, VA**

Medi-Home Care  
276-935-8873

### **Vienna, VA**

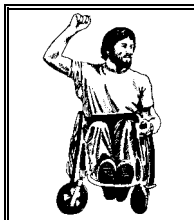
Diabetic Supplies Mid-Atlantic  
703-242-3655

### **Warrenton, VA**

Rhodes Drug Store  
540-347-4161

### **Waynesboro, VA**

Fishburne & Son Pharmacy  
540-949-8211



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### **Federal Communications Commission (FCC)**

Technical assistance concerning ADA title IV.

**Toll Free 1-888-225-5322**

#### **Functional Electrical Stimulation (FES) CENTER**

**216-231-3257**

#### **Health Insurance Information**

Department of Medical Assistance Services (MEDICAID) **Toll Free 1-877-267-2323**

National Insurance Consumer Helpline **1-800-942-4242**

Social Security Administration **1-800-772-1213**

Provides general information about Social Security Disability benefits (**SSDI**), Supplemental Security Income (**SSI**) and **MEDICARE**. You may also contact your local Social Security Administration Office.

#### **Hospitals**

Medical College of Virginia (MCV) **804-828-2156** (Rehabilitation Dept.)

EVMS/Sentara Norfolk General Hospital (SNGH) **757-668-3551**

University of Virginia Hospital **434-243-0378** (Dept. of PM&R)

Inova Fairfax Hospital **703-776-4001**

Hunter Holmes McGuire VAMC **804-675-5544**

Sheltering Arms Rehabilitation Hospital **804-764-7054**

Shriners Hospitals for Children, Philadelphia **215-430-4000**

#### **Injury Prevention**

Department of Motor Vehicles – Toll Free **1-800-435-5137**

Think First/ National Injury Prevention Foundation **1-800-844-6556**

#### **Internal Revenue Service**

Provides information about tax-code credits and deductions that may assist businesses in complying with ADA.

Tax-code information: **1-800-829-1040**

**www.irs.gov** **1-800-829-4029 (TTY)**

#### **Job Accommodation Network (JAN)**

is funded by the Department of Labor to provide advice on accommodating employees with disabilities.. **1-800-526-7234 (voice/TTY).**

**www.jan.wvu.edu**



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

**National Council on Independent Living** 703-525-3406.

**National Institute on Disability and Rehabilitation Research (NIDRR)**

Funds centers nationwide to provide technical assistance concerning ADA titles I, II, and III. Callers are routed to their nearest facility.

Technical assistance: **202-205-8134**

**National Spinal Cord Injury Hotline** (funded by PVA)

The Hotline provides information, referral and support to persons with paraplegia and quadriplegia, their families and members of the professional community. 9am - 5pm EST. (24 hours for new injuries) Mon-Fri. - **1-800-526-3456**.

**Parent Advocacy Coalition for Education Rights (Pacer Center)**

An information and training center for parents and their sons and daughters with disabilities. - **952-838-9000**

**President's Committee on Employment of People with Disabilities**

Information on all titles of ADA; funds the Job Accommodation Network (JAN), which gives information on ADA and reasonable accommodation in the workplace (see listing above). **Information: - 202-376-6200 / 376-6205 (TTY)**

**Rehabilitation Services Administration** – 202-205-5482

**SCI Information/Services/Referrals**

American Paralysis Association (APA) - **1-800-225-0292**

Christopher Reeve Paralysis Foundation - **1-800-225-0292**

Model Spinal Cord Injury Centers -- see listing on pages 86-89.

National Spinal Cord Injury Association – **301-214-4006 Hotline: 1/800/962/9629.**

National Spinal Cord Injury Hotline - **1-800-526-3456 or 410-448-6623**

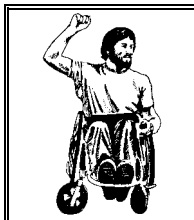
Paralyzed Veterans of America - **-1-800-424-8200**

Shriners Hospitals for Children (Philadelphia) - **215-430-4031**

Spinal Cord Injury Network International - **1-800- 548-2673**

Offers information and referral services to individuals with spinal cord injury and to families. They sponsor the Spinal Cord Injury Video Access, a lending program of educational audiovisuals established under a grant from PVA Education and Training Foundation.

Virginia Department of Rehabilitative Services, The Spinal Cord Injury Program at WWRC **1-800-345-9972** (in Virginia) or **540-332-7200**.



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### Information Referral of United Way

Access to information on assistive technology resources from simple, low tech devices to the latest space-age wizardry. Help with finding ways to pay for assistive technology devices. Help for employers in identifying the best ways to accommodate individuals with disabilities.

**804-275-2000 (Richmond Office)**

**1-800-230-6977 (to contact your local information center)**

#### SCI Statistics

**National Spinal Cord Injury Statistical Center**, Spain Rehabilitation Center, 1717 6th Avenue, Suite 190 South, Birmingham, AL 35233-7330, **205-934-5049**

Supervises and directs the collection, management, and analysis of data from the Model Regional SCI Care Systems resulting in the world's largest SCI database.

#### U.S. Architectural and Transportation Barriers Compliance Board (The Access Board)

Technical assistance on ADA Accessibility Guidelines (ADAAG).

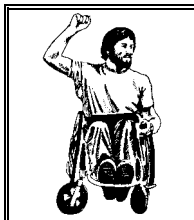
Documents and questions: **1-800-872-2253 / 1-800-993-2822 (TTY)**

**[www.access-board.gov](http://www.access-board.gov)**

#### Vocational Rehabilitation

**Virginia Department of Rehabilitative Services 1-800-552-5019 / 804-662-7000**

Provides a comprehensive program of vocational rehabilitation services tailored to the individual needs of every person it serves. Services center primarily around employment objectives, but include assistance in all related rehabilitative areas, such as housing, transportation, and environmental accessibility. Persons may apply for services by calling the DRS Office at the number listed above. Upon contact, a rehabilitation counselor will schedule an appointment or, if necessary, arrange a home visit to determine eligibility.



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### **Specialized Programs and Services include:**

##### **Consumer Service Fund (CSF)**

Often a number of services and supports are required to meet the unique needs and circumstances of individuals with disabilities and their families. The CSF is a "fund of last resort" which enables case managers and service providers to help individuals with physical or sensory disabilities access a service or device that cannot otherwise be funded through existing programs.

##### **Who is eligible for the fund?**

People in Virginia who have demonstrated physical or sensory disability are eligible for funding if their needs exceed the scope or capacity of service agencies. Consumers awarded funds will be required to share in the cost of requested services based on their ability to pay.

##### **How can the fund be used?**

The CSF fund is used to access services that will help the consumer achieve specific planned goals. Examples of funded services include, but are not limited to, special equipment or supplies, assistive technology, behavior management training, respite care, or transportation.

##### **How is the fund accessed?**

A case manager or a service provider works with a consumer to develop a service plan and submits an application for funding on behalf of the consumer. Applications will be screened by a panel and approved up to the level of available funds.

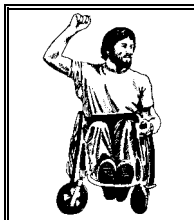
##### **How do I get more information about the CSF?**

If you are service provider, case manager or counselor, call **1-800-552-5019** to receive a CSF application.

If you are a person with a disability, you can work through your existing service provider or you may contact the Virginia Department of Rehabilitative Services at **1-800-552-5019**.

##### **Long -Term Rehabilitation Case Management (LTRCM)**

This program provides case management coordination services to persons with central nervous system and other severe functional disabilities. Case Managers access and coordinate medical treatment, individual and family counseling, support groups, independent living services, job training and placement, housing, transportation and other services. A person may be eligible for services if he/she requires a special combination of services for a lifelong or extended duration or his/her disability results in substantial limitations in three or more areas of life activity, e.g., self care, mobility, and the capacity for independent living.



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

#### **Personal Assistance Services (PAS).**

PAS provides attendants to assist persons with disabilities with dressing, bathing, eating, housework and other routine functions. It is targeted to persons who are unable to obtain adequate services through Medicaid or other existing programs and who are home bound or at risk of institutionalization. PAS is a cooperative effort with Virginia's Centers for Independent Living.

#### **OBRA (Omnibus Budget Reconciliation Act)**

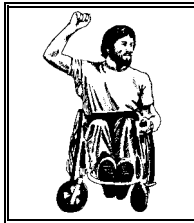
The Department of Rehabilitative Services (DRS) provides specialized services to individuals with physical disabilities who live in nursing facilities across Virginia. Specialized services are those services consumers need to maximize self-determination and independence. Typically, specialized services include community living skills training and the equipment, travel and other supports needed to engage in training. DRS provides these services through an agreement with the Department of Mental Health, Mental Retardation and Substance Abuse Services (DMHMRSAS) and the Virginia Department of Medical Assistance Services (DMAS). DMHMRSAS identifies OBRA consumers through an annual assessment process. Eligible consumers are those who need and can benefit from specialized services and whose disability manifested before 22 years of age.

#### **Woodrow Wilson Rehabilitation Center 1-800-345-9972 / 540-332-7390**

A public, non-profit facility operated by the Virginia Department of Rehabilitative Services. The Center is available for persons with physical, mental, sensory and emotional disabilities and those in need of multiple services. Comprehensive services requiring an interdisciplinary approach are provided on a residential and outpatient basis through a variety of programs, ranging from post-acute medical rehabilitation to complete vocational services and re-entry to the community. Established in 1947, Woodrow Wilson Rehabilitation Center is a modern campus-style facility located in the central Shenandoah Valley of the Blue Ridge Mountains in rural Fishersville, Virginia.

#### **Assistive Technology**

Provides professional consultation, assessment and training in the use of assistive technology, designed to enable individuals with disabilities to become more independent and successful in the areas of personal care, independent living, education and work. Assistive technology combines several professional disciplines in the evaluation, acquisition, and training of special devices. Program features include Computer Access, Communication Technology, Environmental Control Units, Mobility Technology, Consultation and Educational Services.



## SPINAL CORD INJURY RESOURCE GUIDE



### Telephone Numbers (cont.)

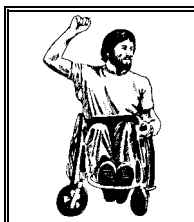
#### **Woodrow Wilson Rehabilitation Center (cont.)**

##### **Rehabilitation Engineering**

Assists the client with recommendations and guidance regarding their need for customized assistive devices and products. The scope of these services may be as varied as developing a completely restructured jobsite, customizing a conventional powered wheelchair, inventing an entirely new product, or it may be identifying a strategy that may eliminate the need for assistive devices.

Program features include developing specialized wheelchair seating and positioning, driving, identifying and addressing job-related difficulties and independent living problems; in-house research and product development as well as staff design and manufacture of complex assistive devices that are non-existent in the commercial arena; mobile assessment and fabrication services through the use of a specially equipped combination vehicle which allows staff to access fabrication tools and materials during on-site consultations and assessments. A full fabrication facility at WWRC supports the mobile engineering van, which enables the program to travel to worksites and homesites to provide services regardless of complexity or fabrication requirements.

**Short Term Rehabilitation Unit (STRU)** - This residential, outpatient unit provides comprehensive, holistic, innovative, and personalized rehabilitation to medically stable clients who require assistance for daily living but do not require 24 hour physician care. While on this unit, clients participate in goal setting, educational classes, medical therapies, driver's training, assistive technology and vocational assessments. Options for independent living trials consist of an apartment located on an adjacent unit and cottages that are nearby on the Center grounds. Clients must be medically stable and have a solid discharge plan as a prerequisite for admission. For further information, call **1-800-345-9972, extension 2-7292.**



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations

**ADAPT:** A zealous group of disabled people who confront injustice and segregation with civil disobedience. Their causes include protesting the legalization of assisted suicide and fighting the cultural and financial support of the nursing home paradigm. ADAPT has focused much of their attention on lobbying for legislation such as MiCASSA (the Medicaid Community Attendant Services and Supports Act of 1997), which would require community services to be provided in an appropriate setting for the needs of the individual. Services would be selected, managed and controlled by the consumer.

National ADAPT  
201 S. Cherokee  
Denver, CO 80223  
303-733-9324 (days) / 303-744-0717 (eves)  
Fax: 303-6733-6211 / Web Site: [www.adapt.org](http://www.adapt.org)  
Email: [adapt@adapt.org](mailto:adapt@adapt.org)

ADAPT of Texas  
1339 Lamar Square Drive  
#101  
Austin, TX 78704  
512-442-0252

**American Association of People with Disabilities (AAPD):** A private, nonprofit, nonpartisan, cross-disability membership organization incorporated by five key leaders in the disability community. The overall goal of the AAPD is to serve as a vehicle for organizing and influencing the outcomes of issues and concerns affecting all people with disabilities. Membership is open to all people. As a membership organization, the AAPD provides value added benefits and services to its members to include the promotion of availability of mobility aids, personal assistant services and insurance. Membership fee \$8.00 Web site: [www.aapd.com](http://www.aapd.com)

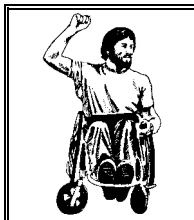
AAPD  
1629 K Street, NW, Suite 503  
Washington, D.C. 20006  
**1-800-840-8844 or 1-202-457-0046**

Member Services  
258 Main Street, Suite 203  
Milford, MA 01757  
**Toll Free – 1-866-241-3200**  
**508-634-3200**

**American Association of SCI Nurses** is dedicated to promoting quality care for individuals with spinal cord impairment (SCI). This is achieved by advancing nursing practice through education, research, advocacy, health care policy, and collaboration with consumers and health care delivery systems. Founded in 1983, AASCIN is the only nursing organization devoted exclusively to promoting excellence in meeting the nursing care needs of individuals with SCI.

75-20 Astoria Boulevard  
Jackson Heights, NY 11370  
718-03-3782  
[www.aascin.org](http://www.aascin.org)





## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**American Association of SCI Psychologists and Social Workers** is an organization of psychologists and social workers who provide for the emotional, behavioral and psychosocial care of persons affected by spinal cord impairment (SCI). AASCIPSW, incorporated in 1986, operates exclusively for scientific, charitable and educational purposes. AASCIPSW provides members the opportunity to develop and refine leadership skills through active participation in the Association.

75-20 Astoria Boulevard  
Jackson Heights, NY 11370-1178  
**(718) 803-3782**  
**[www.aascipsw.org](http://www.aascipsw.org)**

#### **American Chronic Pain Association -**

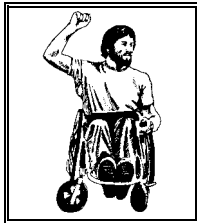
To facilitate peer support and education for individuals with chronic pain and their families so that these individuals may live more fully in spite of their pain.

To raise awareness among the health care community, policy makers, and the public at large about issues of living with chronic pain.

P. O. Box 850  
Rocklin, CA 95677  
1-800-533-3231  
Fax: (919) 632-3208  
E-mail: [ACPA@pacbell.net](mailto:ACPA@pacbell.net)  
**[www.theacpa.org](http://www.theacpa.org)**

**American Pain Society** – The American Pain Society is a multidisciplinary organization of basic and clinical scientists, practicing clinicians, policy analysts, and others. The mission of the American Pain Society is to advance pain-related research, education, treatment and professional practice.

4700 W. Lake Ave.  
Glenview, IL 60025  
847-375-4715 / FAX: 877-734-8758 Toll Free  
E-mail: **[info@ampainsoc.org](mailto:info@ampainsoc.org)**  
**[www.ampainsoc.org/](http://www.ampainsoc.org/)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

#### **American Spinal Injury Association (ASIA):**

- (a) to promote and establish standards of excellence for all aspects of health care of individuals with spinal cord injury from onset throughout life.
- (b) to educate members, other healthcare professionals, patients and their families as well as the public on all aspects of spinal cord injury and its consequences in order to prevent injury, improve care, increase availability of services and maximize the injured individual's potential for full participation in all areas of community life.
- (c) to foster research which aims at preventing spinal cord injury, improving care, reducing consequent disability, and finding a cure for both acute and chronic SCI.
- (d) to facilitate communication between members and other physicians, allied health care professionals, researchers and consumers.

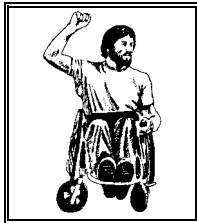
345 East Superior Street, Rm. 1436  
Chicago, IL 60611  
312-238-6207  
Fax: 312-238-0869  
E-mail: [mars@northwestern.edu](mailto:mars@northwestern.edu)

**American Syringomyelia Alliance Project Inc.:** Provides information about syringomyelia, including a Resource Guide and references for support groups.

P. O. Box 1586  
Longview, Texas 75606-1586  
903-236-7079  
1-800-272-7282  
E-mail: [info@ASAP.org](mailto:info@ASAP.org)

**Coalition for Disabled Musicians:** the organization's goals include

- 1) Introduce disabled musicians to each other who have an understanding of disability-related problems.
- 2) Give access to an accessible rehearsal and recording studio.
- 3) Create "tag-team" systems and other adaptive techniques for pain, endurance, and other limitations.
- 4) Set up studio and stage bands for amateurs and professionals.
- 5) Hold live performances, produce recordings, and hold music workshops and seminars.



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

6) Promote public awareness of the disabled community as a great reservoir of talent and ability.

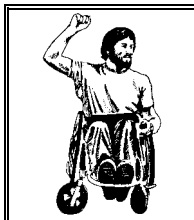
P. O. Box 1002M  
Bay Shore, NY 11706  
631-586-0366  
E-mail: [CDMNEWS@AOL.COM](mailto:CDMNEWS@AOL.COM)  
[www.disabled-musicians.org](http://www.disabled-musicians.org)

**Family Resource Center on Disabilities:** is a coalition made up of parents and professional organizations. It provides a multitude of programs from information and referral services to training projects for parents and families with children or relatives with disabilities.

20 East Jackson Boulevard, Room 900  
Chicago, IL 60604  
312-939-3513 (Voice)  
Toll Free – 1-800-952-4199  
312-939-3519 (TTY)  
[www.frcd.org](http://www.frcd.org)

**International Ventilators Users Network (IVUN):** is the voice of consumers although it includes health professionals as well as ventilator users. IVUN's goal is to foster a positive image of ventilators and demystify their use. IVUN affirms the safety and cost benefits of long term home care. The alternative of institutional placement is too often unnecessary and unwarranted.

4207 Lindell Blvd. #110  
Saint Louis, MO 63108-2915  
314-34-0475  
FAX: 314-34-5070  
E-mail: [info@post-polio.org](mailto:info@post-polio.org)  
[www.post-polio.org/ivun/](http://www.post-polio.org/ivun/)



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**In Touch With Kids:** The In Touch With Kids Program (ITWK) is a free program for children with spinal cord injury 18 and younger. Members of ITWK receive a pen-pal directory listing all the ITWK members and information on how to contact them. ITWK is a great way to let Children with SCI know they're not the only kids in the world living with SCI. It's also a great way to let parents talk to other parents about raising a child with SCI. The ITWK packet includes Background information on NSCIA, common questions about spinal cord injury (Factsheet #1), statistics on SCI (Factsheet #2), and an affiliates list. Pediatric resources on SCI and information on our books and pen-pal list for children with SCI.

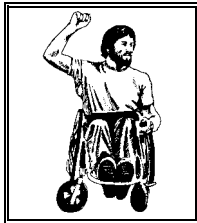
National Spinal Cord Injury Association  
6701 Democracy Blvd., Suite 300-9  
Bethesda, Maryland 20817  
301-14-4006 or 1-800-962-9629

**Mobility International USA (MIUSA):** is a non-profit organization devoted to international educational development, disability rights training, travel, and community service for folks with disabilities. They coordinate international exchange programs for high school & university students, young adults, and professionals, and they specialize in leadership training, community service, and organizational skills in order to help them advocate and improve life for people with disabilities in their countries. E-mail: [info@miusa.org](mailto:info@miusa.org)

P.O. Box 10767  
Eugene, OR 97440  
(541) 343-1284  
Fax: (541) 343-681  
E-mail: [info@miusa.org](mailto:info@miusa.org)  
[www.miusa.org](http://www.miusa.org)

**National Association of Alcohol, Drugs and Disability:** An advocacy group that will provide information, training and technical assistance in the substance abuse field.

National Council on Alcoholism & Drug Dependence, Inc  
20 Exchange Place, Suite 2902  
NY, NY 10005  
212-269-7797  
HOTLINE: 1-800-622-2255  
E-mail: [national@ncadd.org](mailto:national@ncadd.org)  
[www.ncadd.org](http://www.ncadd.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**National Chronic Pain Outreach Association** – operates an information clearinghouse, with publications and audiotapes for both pain sufferers and health care professionals; provides referrals to NCPOA member health care professionals and medical facilities; and maintains a computerized registry of chronic pain support groups in the United States and Canada.

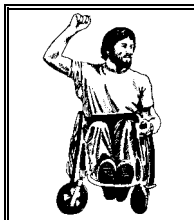
National Chronic Pain Outreach Association (NCPOA),  
Laura S. Hitchcock, PhD., Director.  
7979 Old Georgetown Road, Suite 100,  
Bethesda, MD 20814-2429,  
301-652-4948,  
Fax 301-907-0745.

**National Family Caregivers Association:** Brings together caregivers to speak with one voice about the issues facing caregivers in order to improve the quality of their lives. Provides services in research, information and education, support and validation, respite care, and advocacy.

10400 Connecticut Avenue, #500  
Kensington, MD 20895-3944  
800 896 3650 (ph) / 301 942 2302 (Fax)  
E-mail: [info@nfcacares.org](mailto:info@nfcacares.org)  
**[www.nfcacares.org](http://www.nfcacares.org)**

**National Organization on Disability (NOD):** Promotes full and equal participation of people with disabilities in all aspects of American life. Projects include the Community Partnership Program of 4500 member towns, cities and counties; the CEO Council composed of 230 corporate leaders; the Religion and Disability Program to make congregations more welcoming; and the Start on Success Student Internship Program. NOD accepts no government funding. For more information, contact NOD at:

910 Sixteenth St., NW, Suite 600  
Washington, D.C. 20006  
202-293-5960 / FAX 202-293-7999  
TDD 202-293-5968  
E-mail: [ability@nod.org](mailto:ability@nod.org)  
**[www.nod.org](http://www.nod.org)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**National Rehabilitation Association:** Open to individuals interested in the advocacy of programs and services for individuals with disabilities. Includes professionals employed in the fields of rehabilitation and allied areas, vendors, and other providers of services.

633 S. Washington Street  
Alexandria, VA 22314-4193  
703-836-0850  
Fax 703-836-0848  
TTY 703-836-0849  
E-mail: [info@nationalrehab.org](mailto:info@nationalrehab.org)  
[www.nationalrehab.org](http://www.nationalrehab.org)

**National Spinal Cord Injury Association:** A membership based, non-profit organization which promotes independence, disseminates information on improving methods of clinical care, and promotes basic neuroscience research toward regenerating spinal cord tissue. It has local/state chapters that provide support groups and resources to individuals with spinal cord injury, their families, and health care professionals.

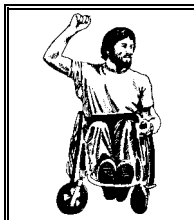
6701 Democracy Blvd., Suite 300-9  
Bethesda, Maryland 20817  
301-214-4006  
Fax 301-881-9817  
Helpline: 1-800-962-9629  
[www.spinalcord.org](http://www.spinalcord.org)

**Paralysis Care Network:** An organization dedicated to providing persons with spinal cord injury and their families free information and resources on spinal cord injury.

3320 N. Clinton  
Fort Wayne, Indiana 46805  
219-483-2100

**Paralyzed Veterans of America National Office:** A veterans service organization whose primary goal is to maximize the quality of life for people with spinal cord injury or spinal disease through research, education, advocacy and recreation programs.

801 Eighteenth Street, NW  
Washington, DC 20006  
202-872-1300  
800-424-8200  
Health Care Hotline – 800-232-1782  
E-mail: [info@pva.org](mailto:info@pva.org)  
[www.pva.org](http://www.pva.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Organizations (cont.)

**President's Committee on Employment of People with Disabilities:** Facilitates the communication, coordination, and promotion of public and private efforts to enhance the employment of people with disabilities.

**ADA-OHIO**

700 Morse Road, Suite 101  
Columbus, Ohio 43213  
614-844-5410  
1-800-232-6446  
Email: [adaohio@aol.com](mailto:adaohio@aol.com)  
(202) 376-6200 V or 376-6205 TTY  
[www.ada-ohio-org](http://www.ada-ohio-org)

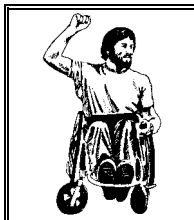
**Through the Looking Glass:** A non-profit organization focusing on preventive services, professional training, and research concerning families with a disability or medical issue for either parent or child. Since its inception in 1982, it has become a powerful ally for disabled parents and their children.

2198 Sixth Street, Suite 100  
Berkeley, CA 94710-2204  
1-800-644-2666 or 510-848-1112  
TTY: 1-800-804-1616  
Fax: 510-848-4445  
E-mail: [TLG@lookingglass.org](mailto:TLG@lookingglass.org)  
[www.lookingglass.org](http://www.lookingglass.org)

**Travelin' Talk Network:** The Travelin' Talk Network is a global network of persons with disabilities who have joined together and formed a unique family of friends from around the world. They share knowledge about their hometowns or extend a hand to other members while visiting or passing through. It is a wonderful way to take the fear out of traveling. After all, isn't that what usually stops people from traveling - not knowing where to find the services they need?

There is a ONE TIME membership fee to help cover the cost of the site and to increase member benefits. This is \$19.95 US for individuals and \$24.95 US for businesses. The Travelin' Talk Network also publishes a monthly newsletter in conjunction with Access-Able Travel Source. This newsletter is a good source of travel information and features accessible destinations as well as travel tips and valuable resources.

P.O. Box 1796  
Wheat Ridge, CO. 80034  
303-232-2979  
E-mail: [info@travelintalk.net](mailto:info@travelintalk.net)  
[www.travelintalk.net](http://www.travelintalk.net)



# SPINAL CORD INJURY RESOURCE GUIDE



## Spinal Cord Injury Research

Following is a list of organizations/groups involved in spinal cord injury research activities:

### **American Paraplegia Society**

75-20 Astoria Blvd.  
Jackson Heights, NY 11370  
718-803-3782  
Fax: 718-803-0414  
E-mail: [aps@unitedspinal.org](mailto:aps@unitedspinal.org)  
[www.apssci.org](http://www.apssci.org)

### **Christopher Reeve Paralysis Found.**

500 Morris Avenue  
Springfield, NJ 07081  
1-800-225-2092  
[www.apacure.com](http://www.apacure.com)

### **Miami Project to Cure Paralysis**

PO Box 016960 (R48)  
Miami, FL 33101-6960  
305-243-7147  
[www.themiamiproject.org](http://www.themiamiproject.org)

### **National Institute of Neurological Disorders & Stroke**

NIH Neurological Institute  
PO Box 5801  
Bethesda MD 20824  
800-352-9424 or 301-496-5751  
301-468-5981 TTY  
[www.ninds.nih.gov](http://www.ninds.nih.gov)

### **National Neurotrauma Society**

8032 SW 45 Lane  
Gainesville, FL 32608  
352-271-1169  
E-mail: [GarciaLinda@cox.net](mailto:GarciaLinda@cox.net)  
[www.neurotrauma.org](http://www.neurotrauma.org)

### **Paralysis Project of America**

15840 Ventura Blvd.  
Encino, CA 91436-2967  
818-905-5068  
[www.venturablvd.com/encino](http://www.venturablvd.com/encino)

### **Paralyzed Veterans of America**

Spinal Cord Research Foundation  
801 18th Street NW  
Washington, D.C. 20006-3517  
1-800-424-8200 ext. 652  
202-416-7652 V  
202-416-7622 TTY  
E-mail: [foundations@pva.org](mailto:foundations@pva.org)  
[www.pva.org/res/scrif](http://www.pva.org/res/scrif)

### **Rick Hansen Man in Motion Foundation**

5th Floor, 520 West 6th Avenue  
Vancouver, BC, Canada  
V5Z 1A1  
604-876-6800  
1-800-213-2131  
E-mail: [amonaco@rickhansen.com](mailto:amonaco@rickhansen.com)  
[www.rickhansen.com](http://www.rickhansen.com)

### **Spinal Cord Society (SCS)**

19051 County Highway 1  
Fergus Falls, MN 56537  
218-739-5252 or 218-739-5261

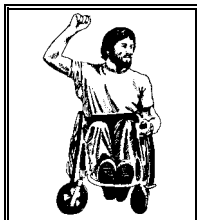
### **Spinal Cure Australia**

1<sup>st</sup> Floor Sydney Fish Market Cnr  
Bank Street & Pyrmont Bridge Road  
Pyrmont, NSW 2009  
1-800-774625  
61296601040 Phone  
[spinetrust@ozemail.com.au](mailto:spinetrust@ozemail.com.au)  
[www.spinetrust.com.au](http://www.spinetrust.com.au)

### **Center for Research on Women with Disabilities**

3440 Richmond Avenue, Suite B  
Houston, Texas 77046  
Phone: 713-960-0505  
Toll Free: 800-442-7693  
E-mail: [crowd@bcm.tmc.edu](mailto:crowd@bcm.tmc.edu)  
[www.bcm.edu.crowd](http://www.bcm.edu.crowd)





## SPINAL CORD INJURY RESOURCE GUIDE



### Publications

**Access to Travel** - The Accessible travel magazine by travel writers, who have disabilities who bring you first hand experience with accessible destinations, attractions, active and passive adventures, cruises, lodging, transportation and products that aid in facilitating travel.

P.O. Box 43, Delmar  
NY 12054-9909  
518-439-4146  
Cost: \$12  
Issues: 4

**Active Living** - Health, fitness and recreation magazine for people with a disability.

627 Lyons Lane, Suite 203  
Oakville, ON L6J5Z7  
905-338-6894  
Issues: 6 per year  
Costs: \$19.97

**American Rehabilitation** - \$15.00 per year.

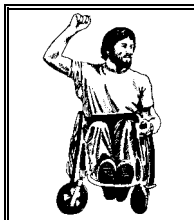
Superintendent of Documents  
P. O. Box 371954  
Pittsburgh, PA 15250-7954  
202-512-1800 8 to 4:30 EST  
[www.ed.gov/pubs/AmericanRehab/index.html](http://www.ed.gov/pubs/AmericanRehab/index.html)

**Athena** - This newsletter is a publication of the Center for Research on Women with Disabilities at Baylor College of Medicine. The focus on advancing the health and well-being of women with disabilities.

3440 Richmond Ave, Suite B  
Houston, TX 77046  
713-960-0505

**Breaking New Ground Newsletter:** A publication of Purdue University that includes information on disability issues for residents of rural communities. Cost: free. Three issues per year.

Purdue University  
1146 ABE Building  
West Lafayette, IN. 47907-1146  
1-800-825-4264  
E-mail: [bng@ecn.purdue.edu](mailto:bng@ecn.purdue.edu)  
[www.ecn.purdue.edu/ABE/Extension/BNG/Index](http://www.ecn.purdue.edu/ABE/Extension/BNG/Index)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**Bridging the Gap** Costs: Free-Online

The twice monthly e-newsletter that covers efforts to find a cure for paralysis caused by spinal cord injury and other central nervous system disorders.:

Christopher Reeve Paralysis Foundation  
500 Morris Avenue  
Springfield, NJ 07081  
1-800-225-0292

[www.ChristopherReeve.org/team/member/cfm](http://www.ChristopherReeve.org/team/member/cfm)

**Careers & the disABLED** - CAREERS & the disABLED Magazine, established in 1986, is the nation's first and only career-guidance and recruitment magazine for people with disabilities who are at undergraduate, graduate, or professional levels. Each issue features a special Braille section. CAREERS & the disABLED has won many awards, including several media "Award of Excellence" acknowledgments from the President's Committee on Employment of People with Disabilities.

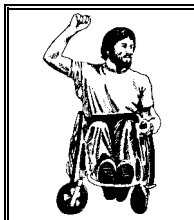
Equal Opportunity Publications, Inc.  
445 Broad Hollow Road, Suite 425  
Melville, NY 11747  
631-421-0359  
E-mail: [info@eop.com](mailto:info@eop.com)  
[www.eop.com](http://www.eop.com)

**Connections** - Newsletter that shares information on the services available at Kessler for the rehabilitation, treatment, and support of those with spinal cord injuries, as well as to highlight developments in SCI research.

Kessler Institute for Rehabilitation, Inc.  
1199 Pleasant Valley Way  
West Orange, New Jersey 07052  
201-731-3600 or 800-643-0296

**Connections** - Newsletter / Magazine written by and for people with disabilities.

Lane & Laurence, Inc  
28 Parkman Street, Suite 1  
Brookline, MA 02146  
617-739-2944  
Cost: \$20 per year



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**Disability Rag** - Civil Rights magazine which covers laws available and laws being pursued for physically disabled individuals and those interested in SCI civil rights.

P.O. Box 145, Louisville, KY, 40201-0145  
502-459-5343  
Cost: \$35-institution, \$17.50 individual  
Issues: 6 issues per year

**Disability Resources Monthly** - This newsletter monitors, reviews and reports on resources for independent living. Each concise, information-packed issue features short topical articles, reviews, and news about free, inexpensive, and hard-to-find books, pamphlets, videotapes, online sources, and organizations. Costs: \$30 per year Issues: 12 times per year

Disability Resources, Inc., Dept. IN  
Four Glatter Lane  
Centereach, NY 11720-1032  
516-585-0290  
Email: [jklauber@disabilityresources.org](mailto:jklauber@disabilityresources.org)

**Emerging Horizons** - An e-zine (online newsletter) dedicated to accessible travel.

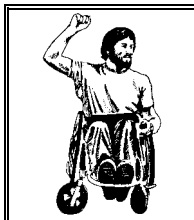
510-419-0523  
Email: [horizons@EmergingHorizons.com](mailto:horizons@EmergingHorizons.com)

**Enable** - Official magazine of the American Association of Persons with Disabilities. Provides information on government issues, job opportunities, new products, health & nutrition, housing, travel, sports & recreation. Costs: \$12.95per year Issues: 6 times per year

Enable Magazine  
3657 Cortez Road West, Suite 120  
Bradenton, FL 34210  
1-888-4-ENABLE  
Email: [readenable@aol.com](mailto:readenable@aol.com)

**Equity** - Equity, the newsletter of the World Institute on Disability's Center on Economic Development and Disability, informs its readers of significant trends and opportunities in microenterprise and economic development. Equity seeks to advance the national dialogue on new economic strategies and public policies on how these can serve people with disabilities. Published twice a year.

10 16th Street, Suite 100  
Oakland CA, 94612  
510-251-4340  
Email: [laurie@wid.org](mailto:laurie@wid.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**Inter@ct** - This bi-annual newsletter reports news in both SCI and TBI from this Center. Also available via email.

Santa Clara Valley Medical Center  
Rehabilitation Research Center on TBI/SCI  
408-295-9896

**Mainstream** - Keeps you up to date on the latest information affecting the disabled consumer.  
**www.mainstream-mag.com**

**The Miami Project to Cure Paralysis** - Newsletter of research and events sponsored by the Miami Project.

University of Miami School of Medicine  
PO Box 016960, Mail Locator R-48  
Miami, FL 33101  
305-243-6001

**New Horizons Newsletter** - New Horizons is a newsletter written specifically for the ventilator dependent adult by a vent user. The focus of New Horizons is advocacy issues concerning, independent living programs, specialized housing, communication with other vent users, personal stories, Medicaid programs and funding for home care, and problem solving. Issues: 3 times a year

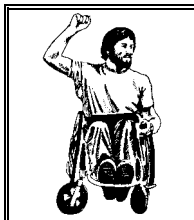
**Email:** [PaulamH@aol.com](mailto:PaulamH@aol.com)  
**www.makoa.org/newhorizons**

**New Mobility Magazine** - Covers people and issues that matter to people with disabilities: medical news, cure research, employment, civil rights, recreation, travel, child care...and a lot more!

No Limits Communications  
PO Box 220  
Horsham, PA 19044  
Email: [gina@newmobility.com](mailto:gina@newmobility.com)  
Cost: \$27.95  
Issues: 12 per year  
**www.newmobility.com**

**Opening Doors** - A quarterly publication designed to provide important information on affordable housing issues to people with disabilities, their families, advocates, and service providers across the U.S.

Technical Assistance Collaborative, Inc.  
One Center Plaza, Suite 310  
Boston, MA 02108-2207  
617-742-5657  
**Email:** [info@tacinc.org](mailto:info@tacinc.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**Palaestra** - A magazine covering sports and recreation for the physically handicapped.

P.O. Box 508  
Macomb, IL 61455  
309-33-1902  
Cost: Organization - \$33, Individual - \$19  
Issues: 4 issues per year

**Paralinks** is an electronic magazine that connects hundreds of folks who have made the transition from walking to rolling, and who have continued on with their lives in a positive manner.

**Paraplegia News** - Magazine dedicated to the presentation of all news of concern to individuals with paraplegia and wheelchair living.

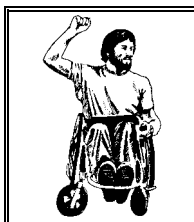
2111 E. Highland Avenue, Suite 180  
Phoenix, AZ 85016-4702  
602-224-0500  
1-888-888-2201  
Cost: \$15  
Issues: 12 issues per year  
[www.pvamagazines.com/pnnews](http://www.pvamagazines.com/pnnews)

**The Project:** Newsletter of research and events sponsored by the Miami Project. Free

University of Miami School of Medicine  
PO Box 016960, Mail Locator R-48  
Miami, Florida 33101  
305-243-6001

**Pushin' On Newsletter:** Newsletter for consumers with SCI, their families and rehabilitation service providers. Two issues per year. Cost: Free

University of Alabama  
Dept of Physical Medicine and Rehabilitation  
619 19<sup>th</sup> Street, South, SRC-529  
Birmingham, AL 35249-7330  
205-934-5049  
[www.spinalcord.uab.edu](http://www.spinalcord.uab.edu)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**The Ragged Edge Online Newsletter:** Civil rights magazine which covers laws available and laws being pursued for physically disabled individuals and those interested in SCI civil rights. Cost: \$12.50. Six issues per year.

502-899-9562

E-mail: [editor@raggededgemagazine.com](mailto:editor@raggededgemagazine.com)

[www.ragged-edge-mag.com](http://www.ragged-edge-mag.com)

**Rehab Management** - The interdisciplinary Journal of Rehabilitation. Published bi-monthly. Free subscription available.

CurAnt Communications, Inc. a division of Medical World Communications

6100 Center Drive, Suite 1000

Los Angeles, CCA 90045

310-642-4400

[www.alliedhealthjournals.com](http://www.alliedhealthjournals.com)

**Research Review** - Newsletter that reviews recent research on areas related to spinal cord injury.

**Publisher:** **RRTC on Secondary Conditions of SCI**

UAB-Dept of Physical Medicine and Rehabilitation

205-934-3283

**Cost:** free

**Issues:** 2 issues per year

**The Rural Exchange** - Newsletter published quarterly by the Montana University affiliated Rural Institute on Disabilities. Cost: free

Rural Institute on Disabilities

52 Corbin Hall

U of MT

Missoula, MT 59812

406-243-5467

**SATH** – Society for Successful Travel and Hospitality for the handicapped.

SATH

347 Fifth Avenue, Suite 610

New York, NY 10016

212-447-7284

E-mail: [sathtravel@aol.com](mailto:sathtravel@aol.com)

[www.sath.org](http://www.sath.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**SCI Life** - The official publication of the National Spinal Cord Injury Association. Published quarterly. NSCIA members receive a subscription as a benefit of membership. Complimentary copies are distributed to donors and selected spinal cord injury rehabilitation facilities. Subscription for non-members \$38.00 (4 issues) annually.

National Spinal Cord Injury Association  
6701 Democracy Blvd., Suite 300-9  
Bethesda, MD 20817  
301-214-4006  
Help line: 800-962-9629  
[www.spinalcord.org](http://www.spinalcord.org)

**Spinal Column** - Magazine of Shepherd Center, published quarterly.

2020 Peachtree Rd NW  
Atlanta, GA 30309-1465  
404-352-2020  
Email: [Webmaster@shepherd.org](mailto:Webmaster@shepherd.org)

**Spinal Cord Injury Update** - Newsletter that contains articles on various aspects of SCI for both health care providers and consumers, as well as summaries of current literature on SCI. E-Issues: 4 issues per year

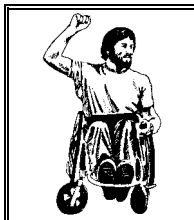
University of Washington, Rehabilitation Medicine  
Box 356490  
Seattle, Washington 98195-6490  
206-685-3999  
email: [rehab@u.washington.edu](mailto:rehab@u.washington.edu)

**SpinZine** - **SpinZine** is the online magazine of [SpinLife.com](http://SpinLife.com). It offers news, sports, travel, people profiles, and a "chat" area.

Email: [editor@spinlife.com](mailto:editor@spinlife.com)  
800-850-0335

**Sports n' Spokes** - Provides the latest on competitive wheelchair sports, training tips, how-to's, recreational opportunities and more. Published 6 times a year; \$21.00 annually (includes shipping).

PVA Publications  
2111 E. Highland Ave., Suite 180  
Phoenix, AZ 85016-4702  
602-224-0500 or 1-888-888-2201  
[www.pvamagazines.com](http://www.pvamagazines.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**Topics in Spinal Cord Injury Rehabilitation** – "This is the first quarterly **journal** to investigate the many different aspects of caring for individuals with spinal paralysis." Leading practitioners "provide an insider's understanding of time-tested clinical practices, state of the art concepts, and cutting edge development." Cost: Annual subscription \$118 Editor: David Apple, MD

Thomas Land Publishers, Inc.  
255 Jefferson Rd.  
St. Louis, MO, 63119-3627  
314-963-7445  
[www.spinalcord.uab.edu](http://www.spinalcord.uab.edu)

**Total Access Magazine** - This magazine features timely and entertaining news for Canadians with SCI and other physical disabilities. Costs: \$12 per year (U.S.) Issues: 4 per year

Canadian Paraplegic Association  
1101 prom. Prince of Wales Dr, Ste 230  
Ottawa ON K2C 3W7  
613-723-1033  
Email: [info@canparaplegic.org](mailto:info@canparaplegic.org)

**Update** - Newsletter that contains research updates by the VCU/MCV Regional Model SCI System

Newsletter of VCU/MCV SCI Model System  
Dept of Physical Medicine & Rehabilitation  
PO Box 980661, 1300 E Marshall St  
Richmond, VA 23298-0661

**Walking Tomorrow** - Walking Tomorrow goes behind the scenes at CRPF events and features individuals whose lives have been touched by spinal cord injury. You can also read about the latest CRPF happenings. Costs: Online Issues: 4 per year

Christopher Reeve Paralysis Foundation  
500 Morris Ave  
Springfield, NJ 07081  
800-225-0292





## SPINAL CORD INJURY RESOURCE GUIDE



### Publications (cont.)

**WE Magazine** - Each issue of WE brings you exciting and colorful features on fashion, beauty, health and fitness, travel and fine restaurant worldwide. Questions regarding accessibility and convenience are answered in every article. You'll enjoy our information-packed columns on computer technology and personal finance. Our groundbreaking news articles keep you up to date on breakthroughs in medicine, science and social issues of primary interest to you and your family. Cost: Special Introductory Offer - \$14.95 Issues: 6 issues in the United States and Canada only

**The Only Lifestyle Magazine for People with Physical Disabilities**

P.O. Box 20553, Park West Station  
New York, NY 10025-1514  
800-WEMAG26

**Window on Wellness** - This newsletter is a publication of Ohio Women with Disabilities Network. The focus on issues of health and wellness for all individuals with disabilities. Topics cover issues on managed care, women's health issues, and health promotion.

4368 Dublin Rd  
Columbus, OH 43221  
614-876-7090  
Email: [editor@windowonwellness.com](mailto:editor@windowonwellness.com)

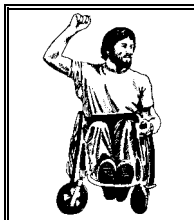
### Publications Books

**Accessible Gardening for People with Physical Disabilities: A Guide to Methods, Tools, and Plants**, by Janeen R. Adil, 300 pages; \$17.00; paper. Practical and detailed guide to barrier-free gardening. Dozens of specific mail-order sources are provided for tools, seeds, plants, and other materials. Various topics include raised beds, containers, organic pest control, gardening with children with disabilities, and specialized tools. 1994

Woodbine House  
6510 Bells Mill Road  
Bethesda, MD 20817

**Accessible Home Design – Architectural Solutions for the Wheelchair User**, by Thomas D. Davies, Jr., AIA, and Kim A. Beasley, AIA. (1999). 66 pages. This book explains and illustrates practical and economical architectural designs that will help make new and renovated single-family homes accessible. Chapters focus on such critical areas as kitchens, bathrooms, and multiple levels. Price: \$22.95 + shipping. #2500-128

Paralyzed Veterans of America  
P. O. Box 753  
Waldorf, MD 20604-0753  
1-888-860-7244



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books (cont.)

#### **Adaptive Baby Care Equipment: Guidelines, Prototypes & Resources**

\$30 (includes shipping); \$15 (low-income rate) 55 pages, with photos.

Through the Looking Glass  
2198 Sixth St., Suite 100  
Berkeley, CA 94710-2204 1-800-644-2666

**A Woman's Guide to Coping with Disability.** Second Edition (1997). This unique book addresses the special needs of women with disabilities such as social relationships, sexual functioning, pregnancy, childrearing, care giving, and employment. Special attention is paid to ways in which women can advocate for their rights with the health care and rehabilitation systems. ISBN 0-929718-15-1. Cost: \$42.95 plus \$5.00 shipping.

**A Man's Guide to Coping with Disability.** (1997). Written to fill the void in the literature regarding the special needs of men with disabilities, this book includes information about men's responses to disability with a special emphasis on the values men place on independence, occupational achievement, and physical activity. ISBN 0-929718-18-6. Cost \$42.95, plus \$5.00 shipping.

#### **Both available from:**

Resources for Rehabilitation  
22 Bonad Road  
Winchester, MA 01890  
781-368-9094 Fax: 781-368-9096  
E-mail: [orders@rfr.org](mailto:orders@rfr.org)  
**[www.rfr.org](http://www.rfr.org)**

**Basic Manual Wheelchair Adjustment: A Handbook.** (2000) A guide for wheelchair adjustment to affect positioning, performance, and accessibility. Cost: 4 color, spiral bound, heavy stock printed, \$55; CD ROM as a .pdf file, \$25; attachment to an email as a .pdf file, \$15.

Woodrow Wilson Rehabilitation Center Foundation, Inc.  
PO Box 1500, Box W-131  
Fishersville, VA 22939-1500  
1-800-345-7200 (ext. 7905)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books (cont.)

**A National Database of Educational Resources on Spinal Cord Injury** (Printed and Audiovisual Materials) 600 resources. You can write c/o address below or call TIRR (713) 797-5945 and you will be provided with a free list of materials available on the topic you are interested in. The entire report is available at a cost of \$50.00 and prepayment is required. Make check payable to Baylor College of Medicine.

Terri Hudler-Hull  
Division of Education  
The Institute for Rehabilitation and Research  
1333 Moursund, B-107  
Houston, TX 77030-3405  
713-797-5971 or 1-800-732-8124

**Enabling Garden: Creating Barrier-Free Gardens.** (1994) By Gene Rothert, HTR. Gardening has been proven to be a therapeutic hobby. This books shows people who have disabilities or are aging how to create their own gardens. It includes information on constructing raised beds, utilizing simple diagrams, sideboards and other garden structures, as well as tips and experiences from other disabled and elderly gardeners. Cost: \$13.95.

Taylor Publishing Company  
1550 W. Mockingbird Lane  
Dallas, TX 75235

**Functional Electrical Stimulation (FES) Resource Guide for Persons with Spinal Cord Injury or Multiple Sclerosis.** The publication is divided into three subject areas: learning about FES, where to find FES, and additional resources. Cost: \$13.35 plus shipping/handling. ISABN 1-888470-03-8 200 pages. Available from:

Case Western Reserve University  
University Bookstore  
10900 Euclid Avenue  
Cleveland, OH 44106-7102  
216-368-1656

**Spinal Cord Injury: An Analysis of Medical and Social Costs** by Monroe Berkowitz, et al. (1998)\_Updated and expanded volume that reports results from a new survey of the costs of SCI. Explores both the medical and non medical direct costs as well as determinants of employment for persons with a traumatic condition. (188 pp.) Cost: \$94.95 plus shipping from AMAZON.COM 1-888799-17-X

Demos Medical Publishing, Inc.  
386 Park Avenue, South, Suite 201  
New York, NY 10016  
1-800-532-8663  
E-mail: [orderdept@demospub.com](mailto:orderdept@demospub.com)  
[www.demospub.com](http://www.demospub.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books (cont.)

**Spinal Network: The Total Wheelchair Resource Book** The total resource for the wheelchair community. You'll find stories about health and sexuality; about travel, sports and recreation; about selecting gear and dealing with bureaucracies. You'll find medical and rehab topics strongly covered, as well as the attitudes and the street smarts for taking control of your life. Cost: \$39.95, plus shipping and handling.. Soft cover, wire-o-bound. AMAZON.COM ISBN 0-97152233-0-8

**The Resourceful Caregiver: Helping Family Caregivers Help Themselves** (1996) \$12.95 plus shipping. This book is about caregivers and their needs....it's about using your inner resources to seek out and access outside resources. It's learning how to take charge of your life. Available from: AMAZON.COM

Galen Press, Ltd.  
P. O. Box 64400-WB  
Tucson, AZ 85728  
1-800-442-5369  
E-mail: [sales@galenpress.com](mailto:sales@galenpress.com)  
[www.galenpress.com](http://www.galenpress.com)

**The Virginia Travel Guide for the Disabled**

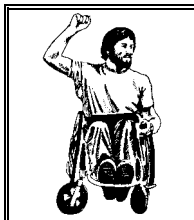
Virginia Tourism Corporation  
901 E. Byrd Street  
Richmond, VA 23219  
800-742-3935

**Yes, You Can!** Third Edition. A Guide to Self-Care for Persons with Spinal Cord Injury. Comprehensive, easy-to-read manual full of practical knowledge on numerous medical, psychological, social and vocational issues facing people with SCI. Also useful for professionals. Illustrated. \$15.00. Order No. 5200-149. Available from:

Paralyzed Veterans of America  
P. O. Box 753  
Waldorf, MD 20604  
1-888-860-7244 (toll-free)  
FAX 301-843-0159

**Your Skin: An Owner's Manual (Updated 1996)** Skin problems can be very serious. This booklet explains what you should and should not do in proper skin care. \$12.50 per copy, incl. postage. Special prices for bulk orders. Make check or money order payable to UVA Prosthetics and Orthotics. (Pre-payment required.).

The Prosthetics and Orthotics Department  
Box 467, UVA Health Sciences Center  
Charlottesville, VA 22908  
434-243-4670



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books (cont.)

The following books listed are available from: AMAZON.COM or

Demos Publications  
386 Park Avenue South, Suite 201  
New York, NY 10016  
800-532-8663

**Aging With a Spinal Cord Injury**, by Gale G. Whiteneck, Ph.D., et al, 384 pp., \$99.95 plus shipping.

**The Management of High Quadriplegia**, by Gale Whiteneck, Ph.D., et al. 1989, 384 pp., \$99.95 plus shipping.

**Mother-To-Be: A Guide to Pregnancy and Birth for Women with Disabilities**, by Judi Rogers and Molleen Matsumura. 1992, \$16.00 , plus shipping. 2004 ISBN 1-888799-32-3

**Spinal Cord Injuries: Psychological, Social and Vocational Rehabilitation**, Second Edition, by Roberta B. Trieschmann, Ph.D. 1988, 360 pp., \$57.95, plus shipping.

The following two books are available from:

Exceptional Parent Library  
120 Sylvan Avenue Ste.10  
P O Box 1807  
Englewood Cliffs NJ 07632  
800-535-1910  
E-mail: [eplibrary@aol.com](mailto:eplibrary@aol.com)  
[www.eplibrary.com](http://www.eplibrary.com)

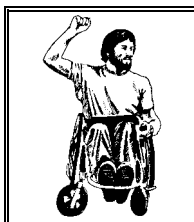
**Raising a Child Who Has a Physical Disability** – Donna G. Albrecht JW1210D , \$12.95

**Your Child Has A Disability** Mark L. Batshaw, M.D. PB160LN \$24.95

### Publications Books - Autobiographies

**Climbing Back** - This is the story of Mark Wellman, Yosemite's incredible paraplegic ranger, who climbed El Capitan and Half Dome. Disabled by a mountain-climbing accident, Mark was faced with seemingly insurmountable obstacles but his enthusiasm and positive attitude deliver a powerful message, "Never give up, and never give in." BK 67 \$19.95 + S&H from: Also available from Amazon.com for \$5.98.

Access to Recreation, Inc.  
8 Sandra Court  
Newbury Park, CA 91320  
800-634-4351



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books – Autobiographies (cont.)

**Don't Worry, He Won't Get Far on Foot** - by John Callahan. A ne'er-do-well Irish Catholic childhood that led to alcohol and drugs, rehab for a C5-6 injury, his climb out of alcoholism and success as a sick-but-you-love-it-cartoonist. Published by Random House. \$9.60 available from AMAZON.COM.

**Eleven Seconds** - by Travis Roy and E. M. Swift. (1998) Travis Roy's account of the two years following his accident as a Boston University hockey player, a career that lasted 11 seconds. Overnight he and his family were thrust into the spotlight when they discovered he was quadriplegic. Since then, Roy has carried the Olympic torch on the road to Atlanta for the 1996 Summer Games and testified before a Senate committee urging members to increase funding for spinal cord injury research. By retracing his steps, he shares his hopes and dreams, his deepest fears, and his plans for the future. Available from: AMAZON.COM for \$14.00 or Barnes and Noble.Com for \$16.00

**Joni: An Unforgettable Story - Special 25th Anniversary Edition-** by Joni Eareckson Tada. Inspiring, religious autobiography of a quadriplegic woman. Self Cover \$16.00. Many other books, booklets, videos, audiocassettes, cards, etc. available.

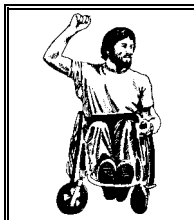
Joni and Friends  
P. O. Box 3333  
Agoura Hills, CA 91376-3333  
800-523-5777 818-707-5664  
[www.joniandfriends.org](http://www.joniandfriends.org)

**Still Me.** - by Christopher Reeve. (1998) This is the determined, passionate story of one man, a gifted actor and star, and how he and his family came to grips with the kind of devastating, unexplainable shock that fate can bring to any of us. Chris and Dana Reeve have gathered the will and the spirit to create a new life, one responsive and engaged and focused on the future. Available from AMAZON.COM for \$7.59

**Nothing is Impossible: Reflections on a New Life** – by Christopher Reeve. Available from Amazon. Com for \$19.95

**The Body Silent:** by Robert Francis Murphy. Anthropologist from Columbia University who developed paralysis due to a spinal tumor. Published by W.W. Norton and Company Inc. in 1990. ISBN: 0393307026 Available from AMAZON.COM for \$11.16.

**The Mike King Story** - by Mike King. A personal story of a remarkable journey in a wheelchair, 5600 miles by hand, from Fairbanks, Alaska to Washington, DC. Available for \$5.95 (paperback), and \$15.95 hardback from AMAZON.COM.



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books - Autobiographies

**The Real Race - The Skip Wilkins Story** - by Skip Wilkins and Joseph Dunn. The real life story of a teenager injured in a water skiing accident that left him a quadriplegic three days after graduating from high school. Norman Vincent Peale said "One of the greatest true life stories I've ever read." Available at \$13.50, includes postage.

Skip Wilkins & Company  
2104 Cocoa Circle  
Virginia Beach, VA 23454  
757-498-3635  
E-mail: [skip@skipwilkins.com](mailto:skip@skipwilkins.com)  
[www.skipwilkins.com](http://www.skipwilkins.com)

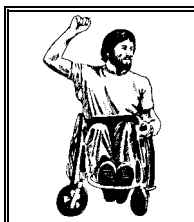
**Twice A Champion: The Toney Lineberry Story** - by Tommy Lineberry.(1988) A champion high school wrestler, Toney was injured in an automobile accident on an icy winter night during his junior year. His brother, Tommy, wrote about Toney's inspirational struggle to get back on top. Available from AMAZON.COM

Toney Lineberry  
581 Nelwood Place  
Manakin-Sabot, VA 23103  
804-749-4441

### Publications Books - Sexuality

**Sexuality After Spinal Cord Injury** by Stanley H. Ducharme, PhD and Kathleen M. Gill, PhD. 272 pp. (1997) Stock # pb2657pd. Cost: \$24.95 plus shipping. Available from: AMAZON.com and also available from:

Exceptional Parent Library  
120 Sylvan Avenue Ste.10  
P O Box 1807  
Englewood Cliffs NJ 07632  
800-535-1910  
E-mail: [eplibrary@aol.com](mailto:eplibrary@aol.com)  
[www.eplibrary.com](http://www.eplibrary.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Books for Children

**Mama Zooms:** Written by Jane Cowen-Fletcher. Featuring a mother who uses a wheel chair. Published by Scholastic Trade ISBN: 0590457756. Available from Amazon.com for \$4.99.

The following book was written by Joni Eareckson Tada, who has a spinal cord injury. The books have Christian themes and are available from:

Joni and Friends  
P. O. Box 3333  
Agoura Hills, CA 91301  
800-523-5777 818-707-5664.

**Darcy and the Meanest Teacher,**  
**Darcy and the Unforgettable Summer**  
**Darcy and the Mission Adventure**  
**Darcy and the Amazing Secret**  
\$6.00 each, plus postage, approximately \$3.00.

### Publications Pamphlets

**Acute Management of Autonomic Dysreflexia: Individuals with Spinal Cord Injury**  
**Presenting to Health-Care Facilities 2<sup>nd</sup> Edition:** #2900-154 \$19.95

**Clinical Practice Guideline: Neurogenic Bowel Management in Adults with Spinal Cord Injury** #2900-114 \$19.95

**Clinical Practice Guideline: Prevention of Thromboembolism in Spinal Cord Injury**  
#2900-72 \$19.95

**Clinical Practice Guideline: Depression Following Spinal Cord Injury**  
#2900-89 \$19.95

**Outcomes Following Traumatic SCI** #2900-137 \$19.95

**Pressure Ulcer Prevention and Treatment Following Spinal Cord Injury** #2900-145  
\$19.95

**Prevention of Thromboembolism in Spinal Cord Injury** #2900-72 \$19.95





## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Pamphlets (cont.)

#### Consumer Guides:

**Autonomic Dysreflexia: What You Should Know** #2900-142 \$9.95

**Depression: What You Should Know** #2900-141 \$9.95

**Neurogenic Bowel: What You Should Know** #2900-126 \$9.95

All available from:

PVA Distribution Center  
Toll-free 1/888/860/7244  
Or online at PVA.

#### The following three booklets are available from:

RTC Training Office  
UAB - Spain Rehabilitation Center  
1717 6th Avenue S., Room 529  
Birmingham, AL 35233-7330  
205-934-3283

**Learning About Spinal Cord Injury** - Easy-to-read basic overview of spinal cord injury and its management developed for use with patients and their family members. (1996), \$3.00 plus shipping.

**Preventing Secondary Medical Complications: A Guide for Personal Assistants to People with Spinal Cord Injury**. (1996) \$3.00 plus shipping.

**Family Adjustment to Spinal Cord Injury** - Focuses on the initial questions and concerns loved ones may have about the injury. (1988) 10 pages, \$2.00 plus shipping.

**The Americans With Disabilities Act: A Guide for People with Disabilities, Their Families and Advocates**. \$8.00 (includes shipping & handling) PHP-a28 Available from:

PACER Center  
8161 Normandale Blvd.  
Minneapolis, MN 55437  
952-838-9000  
E-mail: [pacer@pacer.org](mailto:pacer@pacer.org)  
[www.pacer.org](http://www.pacer.org)

**Table Manners: A Guide to the Pelvic Examination for Disabled Women and Health Care Providers** - Price: \$3.00 each. Revised 1991. Available from:

Planned Parenthood Golden Gate  
815 Eddy Street, Suite 300  
San Francisco, CA 94109  
415-4417858 or 1-800-967-7526  
[www.ppgg.org](http://www.ppgg.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Pamphlets (cont.)

**The following Spinal Cord Injury InfoSheets are available *free of charge*--for each sheet requested, send a self-addressed stamped envelope to the address below. If requesting more than 1 InfoSheet, include adequate postage--each InfoSheet requires 32 cents postage.**

UAB- Dept. of PM & R, Room 329

Spain Rehabilitation Center

Office of Research Services

1717 6th Ave. S.

Birmingham, AL 35233-7330

205-934-3283

E-mail: [sciweb@uab.edu](mailto:sciweb@uab.edu)

**[www.spinalcord.uab.edu](http://www.spinalcord.uab.edu)**

- #1 Locating Information about SCI (SCI Consumers)
- #2 Locating Information about SCI (Professionals)
- #3 Sexual Function for Men with Spinal Cord Injury
- #4 Understanding Spinal Cord Injury and Functional Goals (Basic)
- #5 Understanding Spinal Cord Injury and Functional Goals (Advanced)
- #6 Personal Care Assistants
- #7 Wheelchair Selection- SCI Consumers (1995)
- #8 Nutrition, - SCI Consumers & Professionals
- #9 Bowel Management SCI Consumers & Professionals (1996)
- #10 Pain Management following Spinal Cord Injury
- #11 Bladder Care and Management
- #12 Heterotopic Ossification – Professionals
- #13 Prevention of Pressure Sores through Skin Care
- #14 Pregnancy for Women with SCI
- #16 Challenges of Spastic Hypertonia
- #17 Caregivers for SCI - SCI InfoSheet
- #18 Research in Spinal Cord Injury - SCI InfoSheet
- #19 Understanding and Managing Respiratory Complications after SCI
- #20 Adjustment to Spinal Cord Injury
- #21 Sexuality for Women with Spinal Cord Injury



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Pamphlets (cont.)

**The following educational tracts on SCI & AGING** - prepared by the RRTC Center on Aging with Spinal Cord Injury, Craig Hospital, 3425 South Clarkson St., Englewood, CO 80113. Telephone (303) 789-8000. Available at no charge.  
[www.craighospital.org/SCI/educationalTracts.asp](http://www.craighospital.org/SCI/educationalTracts.asp)

Aching Shoulders?  
Alcohol Abuse  
Am I Ready for a Van?  
Art of Breathing  
Bladder Cancer  
Bowel Problems  
Breast Cancer  
Cholesterol  
Colostomies  
Cutting the FAT  
Diabetes  
Exercise  
Fatigue  
H<sub>2</sub>O: Hydration  
Heart Disease  
Incomplete SCIs: The Early Days

Incomplete SCIs: Down the Road  
Medications  
Optimal Health  
Osteoporosis  
Posture  
Quality of Life: What's Important?  
Skin: It's Too Much Pressure!  
Smoking and Lungs, Skin, Bladder  
Spasticity  
Spirituality  
Switching to a Power Wheelchair  
Understanding and Managing Stress  
Upper-Extremity Pain  
Weight Gain: The Battle of the Bulge  
You Are How You Feel

#### **Being an informed consumer:**

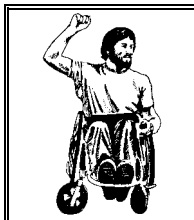
Changing or Choosing Your Doctor  
Interacting With Your Doctor  
The Medicare Maze  
You and Your Doc: Rights and Responsibilities  
Understanding Research I: Finding the Information You Need  
Understanding Research II: Medical & Research Articles  
Understanding Research III: Those Scary Statistics

#### **Care receiving and care giving:**

Accepting New Help  
Caregiving  
Long-Term Caregivers  
Personal Care Assistants: How to Find, Hire, & Keep Them  
Personal Care Assistance: How Much Help Should I Hire?

#### **Being safe**

Home Alone: Safety in the Home  
Make an Emergency Fire Plan



## SPINAL CORD INJURY RESOURCE GUIDE



### Publications Newsletters

**Ventilator Assisted Living** Links ventilator users with each other and with health care professionals interested in mechanical ventilation and home care. Annual subscription \$25.00.

Post Polio Health International  
International Ventilator Users Network  
4207 Lindell Blvd., #110  
Saint Louis, MO 63108  
314-534-0475

**Parenting with a Disability** - published 3 times a year. Subscription is free. Available from:

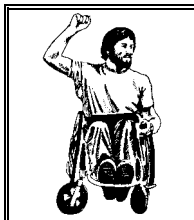
Through the Looking Glass  
2198 Sixth Street, Suite 100  
Berkeley, California 94710-2204  
1-800-644-2666  
**[www.lookingglass.org](http://www.lookingglass.org)**

**Pushin' On** - A publication of the UAB Medical Rehabilitation Research and Training Center and Model Regional SCI Care System. It is published twice a year for consumers with SCI, their families, and rehabilitation providers. Contains SCI resource information and a variety of articles on spinal cord injury care, treatment and follow-up.

Office of Research Services  
UAB – Dept. of PM & R  
619 19<sup>th</sup> Street, S – SRC 529  
Birmingham, AL 35249-7330  
205-934-3283

**Spinal Courier** - published quarterly by the Arkansas Spinal Cord Commission. Contains SCI resource information and a variety of articles on spinal cord injury care, treatment and follow-up.

Arkansas Spinal Cord Commission  
1501 North University, Suite 400  
Little Rock, AR 72207  
800-459-1517  
**[www.spinalcord.ar.gov](http://www.spinalcord.ar.gov)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Apparel Catalogs

#### **Clothing Information Center**

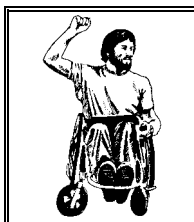
Center for Clothing for Individuals with Physical Disabilities  
Buffalo State College  
1300 Elmwood Avenue  
Buffalo, NY 14222  
716-878-5813 (best to write rather than call)

Center offers a wide range of services: private wardrobe consultation, catalog list, instructional materials for pattern and ready-to-wear clothing modifications, workshops, trunk shows, and mini fashion shows. Fee for services. A book on making clothing modifications for ready-to-wear garments and to conventional patterns has been available since early 1997. This guide covers modifications for distinctive areas common to all types of disabilities: figure changes, incontinence, ease of dressing (loss of motor control), prosthetic and orthotic devices, drooling, and disproportionate figure problems. The center is a non-profit and open to consultations (initial contact should be via postal mail) for a fee with parents and children anywhere.

#### **Call or write for free catalogs**

Professional Fit Clothing  
831 North Lake Street #1  
Burbank, CA. 91502  
1-800-422-2348 FAX: 818-563-1834  
Web Site: [www.professionalfit.com](http://www.professionalfit.com)

Rolli Moden Designs  
Division of Manfred Sauer USA, Inc.  
1225 World Trade Drive, Suite T  
San Diego, CA 92128  
1-800-707-2395 / 858-676-1825 / FAX: 858-676-0820  
E-Mail: [rm@rolli-moden.com](mailto:rm@rolli-moden.com)  
Web Site: [www.rolli-moden.com](http://www.rolli-moden.com)



## SPINAL CORD INJURY RESOURCE GUIDE



The following items are available for loan from the Spinal Cord Injury Program at Woodrow Wilson Rehabilitation Center, Box W-279, PO Box 279, Fishersville, Virginia 22993 or by calling 1-800-345-9972, ext. 27200.

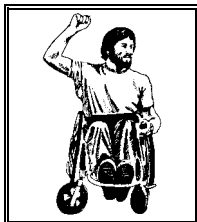
<b>Books</b>	<b>Date Published</b>
A Women's Guide to Coping with Disability	1994
A World to Care For	1972
Adjustment to Physical Handicap and Illness: A Survey of the Social Psychology of Physique and Disability	1953
Aging with a Disability	1987
All Things Are Possible	1981
An Now to Live Again	1944
Atlas III: Illustrations of the Nervous System	1971
Best Practices of Youth Violence Prevention	2000
Bicycle Safety Camp	1989
Disability and the Family: A Guide to Decisions for Adulthood	1989
Disability in America: Toward a National Agenda for Prevention	1991
Dorland's Illustrated Medical Dictionary	1974
Eleven Seconds: A Story of Tragedy, Courage, & Triumph	1998
Enabling Garden: Creating Barrier-Free Gardens	1994
Enabling Romance: A Guide to Love, Sex and Relationships for the Disabled	1992
Female Sexuality: Following Spinal Cord Injury	1978
Friendship Unlimited: How you Can Help a Disabled Friend	1987
Great American Vacations for Travelers with Disabilities	1994
Handicapping America: Barriers to Disabled People	1978
Hentz of Things Not Seen	1955
I'm Not Dead Yet	1992
Interdependence: The Route to Community	1991
Management of Spinal Cord Injury	1992
Mother To Be - A Guide to Pregnancy and Birth	1991
Nursing Spinal Cord Injuries	1985
Options Spinal Cord Injury and the Future	1991
Patient Family Education Guide: For Spinal Cord Injury Nurses	
Physical and Occupational Therapy Management of the Spinal Cord Injured Patient Part III	
Physical Management for the Quadriplegic Patient	1987
Rehabilitation Psychology Desk Reference	1987
Reproductive Issues for Persons with Physical Disabilities	1993
Seminars in Wound Management For Home Health Care and Skilled Nursing Facilities	1986
Spinal Cord Injuries Psychological, Social and Vocational Adjustment	1980
Spinal Cord Injury A Guide for Patient and Family	1987
Spinal Cord Injury An Illustrated Guide for Health Care Professionals	1983
Spinal Cord Injury Patient Education Manual	1996
Spinal Cord Injury The Facts & Figures	1986



## SPINAL CORD INJURY RESOURCE GUIDE



<b>Books – continued</b>	
Spinal Cord Injury Statistics Experience of the Regional SCI Systems	1982
Spinal Cord Injury: An Analysis of Medical and Social Costs	1998
Spinal Cord Injury: The Model	1990
Spinal Cord Injury: An Analysis of Medical and Social Costs	1998
Spinal Network The Total Wheelchair Book 1998	1998
Still Me	1998
The Human Bond Support Groups and Mutual Aid	1988
The Management of High Quadriplegia	1989
The Management of Persons With Spinal Cord Injury	1988
The Quest for Cure Restoring Function After Spinal Cord Injury	1993
The Resourceful Caregiver Helping Family Caregivers Help Themselves	1996
The Virginia Travel Guide for Persons with Disabilities	1999
The Toney Lineberry Story	1988
The Emotional Impact on Families	1990
Persons with Spinal Cord Injury	1986
An Owner's Manual	1988
<b>VHS Tapes</b>	
A Matter of Seconds	1986
Climbing Back	
Dateline NBC 9/9/97 with Christopher Reeve	1997
Gone Fishin' for Fun and Fitness	1991
No Barriers	
Road to Access Travel for the Physically Challenged	1992
Skin Care: Preventing Pressure Ulcers	
Think First	1986
Understanding Spinal Cord Injury, Craig Hospital	
Recreational Opportunities for People with Disabilities	
Medical and Nursing Management of the Spinal Cord Injured Patient 1 and 2	1993
A Journey with Christopher Reeve ABC News	1996
Skin Care: Preventing Pressure Ulcers	1997



## SPINAL CORD INJURY RESOURCE GUIDE



### Disability Insurance

*Health Care Financing Administration administers the Medicare program.*

CMS Centers for Medicare and Medicaid Services  
Department of Health and Human Services  
7500 Security Blvd.  
Baltimore, MD 21244-1850  
Medicare Hotline: 1-877-267-2323 and TTY: 1-866-226-1819  
[www.cms.hhs.gov](http://www.cms.hhs.gov)

**Allsup, Inc. Disability Coordination Services:** Since 1984, Allsup Inc. has helped tens of thousands of people obtain their Social Security disability benefits. The reason for our success-- we only specialize in disability representation and other Social Security disability related services. We make the Social Security disability process less confusing, less intimidating and more convenient for people with disabilities.

300 Allsup Place  
Belleville, IL 62223-8626  
Benefits Information Center: 1-800-854-1418  
Fax: 618-236-5778  
E-mail: [info@allsupinc.com](mailto:info@allsupinc.com)  
[www.allsupinc.com](http://www.allsupinc.com)

**Binder & Binder:** This New York based firm is run by Charles and Harry Binder. Charles has been in the Social Security business for 19 years. Binder & Binder follows basically the same series of steps as does Allsup. The difference, Binder says, is in the details—legal intricacies that he says a law firm is better equipped to handle. Like Allsup, Inc., Binder & Binder is paid only if the case is successful, collecting 25 percent of the client's back benefits: most cases have a \$4,000 cap. The firm operates nationwide and will refer clients in more remote areas to local lawyers, registered with the National Organization of Social Security Claimants Representatives.

215 Park Avenue South, 6<sup>th</sup> Floor  
New York, N.Y. 10010  
1-800-662-4633





## SPINAL CORD INJURY RESOURCE GUIDE



### Driving Information

#### Partial List of Manufacturers or Distributors for: Adaptive Driving Equipment

***Area Access***

8117 Ransell Rd.  
Falls Church, VA 22042  
703-573-2111 / 800-333-2732  
Phil Reed

757-595-4405 / 800-382-0386  
Ron Charlton

***Auto Assist***

5002 Lehigh Ave.  
College Park, MD 20740  
301-699-2238  
FAX: 301-699-2238  
Bob Kitts

***Colonial Equipment Co.***

1310 Bailes Lane  
Frederick, Md. 21701  
301-698-5100 / 800-GO-BY-BUS  
Fax: 301-698-5117  
Craig Combs

***Bedco***

9210 Baltimore Avenue  
College Park, MD 20740  
800-825-1440  
FAX 410-583-8133  
Tony Inscoe

***Driving Aids Development Corp.***

9417 Delancy Drive  
Vienna, VA 22182  
703-938-6435 / 800-767-6435  
William Perry

***Blue Ridge Mobility, Inc.***

10 Johns Valley Drive  
Fishersville, VA 22939  
540-942-4199  
1-800-219-52542-4199  
Michael Moore

***Eastern Mobility***

4 Council Dr.  
Woodsboro, MD 21798  
(close to Fredrick, MD)  
888-845-0533  
FAX: 301-845-6316  
Steve or Madeline Augustine

***Charlton's Mobility Center***

1911 Route 17  
Yorktown, VA 23693

***Fancy Vans & Speed***

12375 Waldorf Square Business Ctr  
Waldorf, MD 20601  
301-843-5151 (Waldorf)  
301-843-0342 (D.C.)  
FAX: 301-645-8153  
Steve Clontz



## SPINAL CORD INJURY RESOURCE GUIDE



### Driving Information

#### ***Ferguson Auto Service***

1112 North Sheppard  
Richmond, VA 23230  
804-358-0006 / 804-358-0800  
FAX 804-359-2060  
Bill Ferguson or Andrea Miller

#### ***Haveco***

7408 Derry St.  
Harrisburg, PA 17111  
717-558-4301 / 800-558-7408  
FAX 717-558-4301  
Greg Seitz

#### ***Ironsides Mobility***

1057 First St.  
Rockville, MD 20650  
301-279-5855 / 888-267-7912  
FAX: 301-340-6566  
Jim Privette

#### ***Kingmor Supply***

3400 Cross Keys Rd.  
Harrisonburg, Va. 22807  
540-433-0073 / 800-872-4474  
FAX: 540-433-0099  
Butch Moore

#### ***King's Auto Upholstery***

401 Bullitt Ave., SE  
Roanoke, Va. 21013  
540-344-0718  
Fax: 540-344-3885  
Freddie King

#### ***Marshall's Mobility***

128 Colony Road  
Madison Heights, VA 24572  
434-528-5995  
FAX: 434-528-9899  
Daryl Marshall

#### ***Mobility Center***

255 E. German School Road  
Richmond, VA 23224  
804-231-7774 or 800-231-7774  
FAX: 804-231-0179  
David Potter

#### ***Mobility Independent Transportation Systems, Inc.***

1148 N. Main Street, Extended  
Glen Rock, PA 17327  
717-235-5899 / 800-243-6487  
FAX: 717-227-0418  
Scott Burgess

#### ***Mobility Independent Transportation Systems, Inc.***

2075 W. Main St.  
Waynesboro, VA 22980  
540-932-7300 / 800-420-6470  
Fax: 540-943-2127  
Richard Baldwin or Carrie Weeks

#### ***Mobility Plus***

900 Carolina Ave.  
Salem, VA 24153  
540-389-3400 / 800-448-8434  
FAX 540-389-0829  
Clay Highberger

#### ***Mobility Products and Services, Inc.***

3564 West Branch Blvd.  
Portsmouth, VA 23707  
757-399-49977  
FAX: 757-399-4899  
Susan Davis or Bob Pfeiffer

#### ***Oneness Mobility***

3821 Penn Belt Place  
Forestville, MD 20747  
301-568-6686  
FAX: 301-568-1318  
Denise Anderson



## SPINAL CORD INJURY RESOURCE GUIDE



### ***Paradapt Services***

232 E. Belt Blvd.  
Richmond, VA 23224  
804-233-VANS (8267)  
FAX: 804-233-8284  
Donald Nelson

### ***Paradapt Services***

1927 E. Pembroke Ave.  
Hampton, Va. 23663  
757-722-7700  
FAX: 757-722-7926  
Kevin Sauer

### ***Phoenix Conversions***

9617 Parkside Dr.  
Knoxville, TN 37922  
865-670-4060 / 800-788-5420  
FAX: 865-670-4080  
Scott Hayse

### ***Rehabilitation Healthcare***

5873 Poplar Hall Drive  
Norfolk, VA 23502  
757-466-1553 or 800-253-3618  
FAX: 757-455-8536  
Jeff Bird

### ***Ride-Away Corporation***

6413 Old Alexandria Ferry Road  
Clinton, MD 20735  
301-856-2650 or 888-285-0243  
FAX: 301-856-2654  
Curt Mason

### ***Roanoke Seat Cover Shop, Inc.***

2901 Williamson Rd., NE  
Roanoke VA 24012  
540-563-4919  
FAX: 540-563-5098  
Joseph King

### ***Rollin Wheels***

2184 Diggstown Road  
Bumpass, VA 23024  
540-872-4381  
FAX 540-872-4381  
Glen Hicks

### ***RSO Ltd.***

3737 A. Holland Blvd.  
Chesapeake, VA 23323  
757-485-3619  
FAX: 540-485-2825  
Chris or Anita Rowland

### ***Shenandoah Valley Health Services***

762 S. Main St.  
Woodstock, VA 22664  
540-459-2000 or 800-772-9539  
FAX: 540-459-8540  
Rob Alkire

### ***T & L Inc, Central Virginia Supply***

963 Browns Mill Road  
Rustburg, VA 24588  
434-332-7731  
FAX: 434-332-2288  
Wesley Glick or Judy Welch

### ***Tri-Cities Handicap Equipment Services***

469 Mayberry Road  
Jonesborough, TN 37659  
423-753-2236  
FAX: 423-753-5577  
Frank Lee

### ***The Van House***

2002 E. Pembroke Ave.  
Hampton, VA 23664  
757-851-8000 / 800-205-8267  
FAX: 757-850-3653  
Doug Wornom

### ***Van Products, Inc.***

2521 Noblin Rd.  
Raleigh, NC 27604-2415  
919-878-7183 / 800-662-7572  
FAX: 919-878-7151  
Bill Miller

(Information provided by OT Department, WWRC, Fishersville, VA, updated 6/2003)

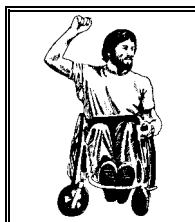


# SPINAL CORD INJURY RESOURCE GUIDE



## Partial List of Adaptive Driving Services in Virginia

CENTER	PROGRAM(S)
<b>Alert Driving Training of Vinton</b> Driver Improvement Program POB 1176, 2102 Hardy Rd. Vinton, VA 24179 540-890-0347 Norman G. Gulbreth	<ul style="list-style-type: none"> <li>• bookwork</li> <li>• on-the-road training</li> </ul>
<b><i>Danville Driving School</i></b> 626 North Ridge St, Suite C Danville, VA 24541 434-792-0402 Kathleen Roach	<ul style="list-style-type: none"> <li>• <i>bookwork</i></li> <li>• on-the-road training (will train with hand controls/steering device in individual's personal vehicle)</li> </ul>
<b>Gest Educational Services</b> 1145 River Road Charlottesville, VA 22903 434-978-3680 Karen Gest	<ul style="list-style-type: none"> <li>• <i>bookwork</i></li> <li>• on-the-road training (mainly MR &amp; LD)</li> </ul>
<b>Hampton VA Med Ctr</b> Rehab Medical Service Hampton VAMC Rm 117 Hampton, VA 23667 757-722-9961 Ext. 2202/2056 George Skinner/Matt Pagels	<ul style="list-style-type: none"> <li>• <i>on-the-road evaluations</i></li> <li>• van evaluations</li> <li>• high tech equipment evaluations</li> <li>• on-the-road training</li> </ul>
<b><i>Hunter Holmes McGuire VA Med Ctr</i></b> Rehabilitation Medicine Services 1201 Broad Rock Road Richmond, VA 23249 804-675-5273 John H. Vaughter, Jr.	<ul style="list-style-type: none"> <li>• <i>on-the-road evaluations</i></li> <li>• <i>van evaluations</i></li> <li>• high tech equipment evaluations</li> <li>• on-the-road training</li> </ul>
<b><i>Johnston-Willis Hospital</i></b> 1401 Johnston-Willis Drive Richmond, VA 23235 804-330-2068 Anita Crean, OTR/L	<ul style="list-style-type: none"> <li>• <i>on-the-road evaluations</i></li> <li>• on-the-road training</li> </ul>
<b><i>Lampshire Driving School</i></b> 17997 Dumfries Shopping Center Dumfries, VA 22026-2101 703-221-0222/703-360-7337 Brad Lampshire	<ul style="list-style-type: none"> <li>• <i>on-the-road training (Has left foot accelerator, DADC 500 hand controls and steering devices; works with Mt. Vernon Hospital)</i></li> </ul>



## SPINAL CORD INJURY RESOURCE GUIDE



### Partial List of Adaptive Driving Services in Virginia (cont.)

<b><i>On-The-Road Again</i></b> Wilmington Regional Medical Center 1 Medical Park Blvd. Bristol, TN 37620 423-844-4148 Kim Johnson	<ul style="list-style-type: none"><li>• <i>on-the-road evaluations</i></li><li>• on-the-road training</li></ul>
<b><i>National Rehab. Hospital</i></b> 102 Irving St., NW Washington, DC 20010 202-877-1531 or 202-877-1705 Glen Dignam	<ul style="list-style-type: none"><li>• <i>on-the-road evaluations</i></li><li>• van evaluations</li><li>• high tech equipment evaluations</li><li>• on-the-road training</li></ul>
<b><i>Riverside Rehab Institute</i></b> 245 Chesapeake Ave. Newport News, VA 23607 757-928-8050 Karl Hoffman, OTR/L	<ul style="list-style-type: none"><li>• <i>on-the-road evaluations</i></li><li>• on-the-road training</li></ul>
<b>Roanoke Medical</b> 4508 Starkey Road Roanoke, VA 24018 540-725-8725 <b>Botetourt Athletic Club</b> 105 Summerfield Court Roanoke, VA 24019 540-966-2640 Janet Stohler, OTR/L, CDRS	<ul style="list-style-type: none"><li>• <i>on-the-road evaluations</i></li><li>• on-the-road training</li></ul>
<b><i>The Therapy Center of Ghant</i></b> 400 B West 21 <sup>st</sup> St. Norfolk, VA 23517 757-668-4114 Paula Naudziumas, OTR/L	<ul style="list-style-type: none"><li>• <i>on-the-road evaluations</i></li><li>• <i>on-the-road training</i></li></ul>
<b>Winchester Rehabilitation Center</b> 333 W. Cork St. Winchester, VA 22601 <b>540-536-5113</b> Debbie Bender, OTR/L	<ul style="list-style-type: none"><li>• <i>on-the-road evaluations</i></li><li>• <i>on-the-road training</i></li></ul>
<b>Woodrow Wilson Rehabilitation Center</b> Occupational Therapy Department Box W-477, PO Box 1500 Fishersville, VA 22939 540-332-7117 Kay Buchanan, OTR/L	<ul style="list-style-type: none"><li>• <i>on-the-road evaluations</i></li><li>• van evaluations</li><li>• high tech equipment evaluations</li><li>• on-the-road training</li><li>• bookwork</li></ul>

(Information provided by OT Department, WWRC, Fishersville, VA, updated 6/03)



## SPINAL CORD INJURY RESOURCE GUIDE



### Service Animals

Service animals can perform tasks that individuals with SCI can no longer do for themselves. They are the extra hands, legs, and strength that provide more independence. But because they do require care and training, they are not for everyone. To obtain more information about service animals you can contact the following:

#### **Assistance Dog Institute**

1215 Sebastopol Road  
Santa Rosa, CA 95407  
707-545-0347  
Web site: [www.assistedog.org](http://www.assistedog.org)

#### **Blue Ridge Assistance Dogs**

Lydia Wade  
8600 Smith Lane  
Manassas, Va. 20112  
703-369-5878  
E-mail: [blrdgad@aol.com](mailto:blrdgad@aol.com)

#### **Canine Companions for Independence**

National Headquarters  
2965 Dutton Avenue  
PO Box 446  
Santa Rosa, CA 95402-0446  
707-577-1700 Voice  
Web site: [www.caninecompanions.org](http://www.caninecompanions.org)

#### **Canine Partners for Life**

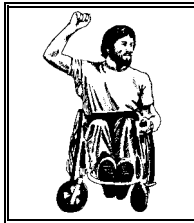
P. O. Box 170  
334 Faggs Manor  
Cochranville, PA 19330-0170  
610-869-4902  
Web site: [www.K94Life.org](http://www.K94Life.org)

#### **Delta Society-National Service Dog Center**

875 124<sup>th</sup> Ave. NE, Suite 101  
Bellevue, WA 98005  
425-226-7357  
Web site: [www.deltasociety.org](http://www.deltasociety.org)

#### **Dogs with a Mission**

PO Box 40266  
Washington, DC. 20016-0266  
202-363-1190  
E-Mail: [info@DOGmission.com](mailto:info@DOGmission.com)



## SPINAL CORD INJURY RESOURCE GUIDE



Web Site: [www.dogmission.com](http://www.dogmission.com)

### Service Animals, cont.

#### **Fidos for Freedom**

P. O. Box 5508  
Laurel, MD 20726  
410-880-4178  
Web site: [www.fidosforfreedom.org](http://www.fidosforfreedom.org)

#### **Freedom Service Dogs, Inc.**

P. O. Box 150217  
Lakewood, CO 80215  
303-922-6231  
E-mail: [freedomsd@earthlink.net](mailto:freedomsd@earthlink.net)  
Web site: [www.freedom servicedogs.org](http://www.freedom servicedogs.org)

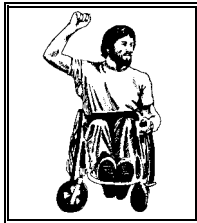
#### **Helping Hands**

#### **Monkey Helpers for the Disabled**

541 Cambridge Street  
Boston, MA 02135  
617-787-4419

#### **PAWS with a Cause**

4646 South Division  
Wayland, MI 48348  
800-253-7297 (Voice/TDD)  
Web site: [www.ismi.net/paws](http://www.ismi.net/paws)



## SPINAL CORD INJURY RESOURCE GUIDE



### Travel

#### **Access-Able Travel Source, LLC**

P. O. Box 1796  
Wheat Ridge, CO 80034  
303-232-2979 FAX: 303-239-8486  
Web Site: [www.access-able.com](http://www.access-able.com)

**Access Amtrak** - brochure contains complete summary of Amtrak's accessible services.  
Specify Brochure #020800. Contact:

Office of Amtrak Access  
50 Massachusetts Avenue NE  
Washington, DC 20002  
800-872-7245  
Web Site: [www.amtrak.com](http://www.amtrak.com)

**Access to Travel Magazine** - published quarterly. They have pulled together a special team of disabled travel writers who will be traveling around the world to bring you first-hand their experiences with accessible destinations, attractions, active and passive adventures, cruises, lodging, transportation services and products and services that aid in facilitating travel and much more. ISSN: 1085-9691 Cost: \$16.00 per year. Available from:

Access to Travel Magazine  
P. O. Box 43  
29 Bartlett Lane  
Delmar, New York 12054-1105  
518-439-4146

#### **Accessibility Travel** - (travel booking)

400 Metro Place, N., Suite 100  
Dublin, OH 43017  
1-800-322-1110

**Accessible Journeys, Inc** - designs tours and escort groups of slow walkers, wheelchair users and special needs travelers and their families and friends. For more information, contact them at:

35 West Sellers Avenue  
Ridley Park, PA 19078  
800-846-4537 or 610-521-0339  
Web site: [www.disabilitytravel.com](http://www.disabilitytravel.com)





## SPINAL CORD INJURY RESOURCE GUIDE



### Travel (cont.)

**American Bus Association:** Offers a free list of U.S. tour bus companies equipped for the disabled travelers.

700 13<sup>th</sup> Street, NW, Suite 575  
Washington, DC. 20005  
202-842-1645  
Web site: [www.buses.org](http://www.buses.org)

**Big Apple Greeters** - offers personalized services for people with disabilities. Along with support from corporations and businesses in New York, and 550 volunteers (50 are trained disabled volunteers) Big Apple Greeters provides resources and services to travelers with disabilities. There are special discounts to musical and theatrical performances thru the ticket window or the Tele-charge Wheelchair hotline for physically disabled persons. For more information, contact

Big Apple Greeter  
1 Centre Street, Suite 2035  
New York, New York 10007  
212-669-8159  
Web site: [www.bigapplegreeter.org](http://www.bigapplegreeter.org)

**Cruise Planners** - for accessible cruises

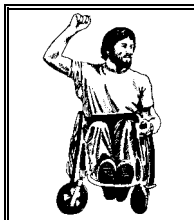
70 Garland Road  
Nottingham, NH 03290  
1-800-801-9002 or 603-942-7191  
Web site: [www.love2cruise.com](http://www.love2cruise.com)

**Easy Access to National Parks** - by Wendy Roth and Michael Tompane, Sierra Club Books, 1992, 400 pp., \$16.00 paper plus \$3.00 shipping. An appraisal of national parks from the point of view of people with disabilities.

Sierra Club – Virginia Chapter  
6 N. 6<sup>th</sup> St.  
Richmond, VA. 23219  
804-225-9113  
Web site: [www.virginia.sierraclub.org](http://www.virginia.sierraclub.org)

**Emerging Horizons:** Accessible newsletter features foreign and domestic destinations, timely travel tips, accessible B&B's, travel resources and accessibility Information.

C and C Creative Concepts  
PO Box 278  
Ripon, CA. 95366  
E-Mail: [horizons@EmergingHorizons.com](mailto:horizons@EmergingHorizons.com)  
Web site: [www.emerginghorizons.com](http://www.emerginghorizons.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Travel (cont.)

**Flying Wheels Travel** - At Flying Wheels, we've been specializing in travel for persons with physical disabilities since 1970. For information about their tours, contact them at

143 West Bridge Street  
P. O. Box 382  
Owatonna, MN 55060  
507-451-5005  
Web site: [www.flyingwheelstravel.com](http://www.flyingwheelstravel.com)

**Fodor's Great American Vacations for Travelers with Disabilities**, 608 pp., 1994. This guide describes 39 popular U.S. destinations and rates the accessibility of hotels, campgrounds, restaurants, shops, pools, lounges and bathrooms. \$18.00, plus shipping. Out of print. Available from Amazon.com.

**Innstar.com** - a toll-free hotline for travelers seeking the right Bed & Breakfast:

1-888466-7335  
[www.1-888-innstar.com](http://www.1-888-innstar.com)

**Joni and Friends Family Retreats:** JAF Ministries, an outreach of Joni Eareckson Tada, is a not-for-profit organization that provides retreats for people with disabilities and their families. Trained volunteers offer friendship and assistance, allowing family members a break from the routine of daily care. Professionals lead a variety of workshops; activities are available with experienced counselors and youth leaders. For information about their retreats, contact the association at:

Jon Ebersole, area director  
Joni and Friends Chicago  
7510 W Madison Street  
Forest Park, IL 60130  
708-771-0000  
Web site: [www.chicago@joniandfriends.org](mailto:www.chicago@joniandfriends.org)

**Recommended Country Inns.** - A series of seven regional guides indexing inns in several ways, including by w/c accessibility. Available at \$16.95 – to \$18.95 from:

The Globe Corner Bookstore  
28 Church St.  
Harvard Square, MA 02138  
617-497-6277  
1-800-358-6013  
E-Mail: [info@gcb.com](mailto:info@gcb.com)  
Web site: [www.globecorner.com](http://www.globecorner.com)



## SPINAL CORD INJURY RESOURCE GUIDE



### Travel (cont.)

**Rick Steve's Travel Tips** - A network of individuals across the United States sharing information on accessible travel in their areas. Quarterly newsletter about an information network providing assistance to disabled travelers.

130 4<sup>th</sup> Avenue, N  
POB 2009  
Edmonds, WA 98020  
425-771-8303  
E-Mail: [rick@ricksteves.com](mailto:rick@ricksteves.com)  
Web site: [www.ricksteves.com](http://www.ricksteves.com)

**The Virginia Travel Guide for the Disabled.** 2003. *Free.*

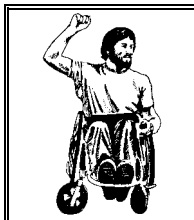
Virginia Tourism Corporation  
901 E. Byrd Street  
Richmond, VA 23219  
800-847-4882  
804-786-4484  
E-Mail: [VAinfo@helloinc.com](mailto:VAinfo@helloinc.com)  
Web site: [www.virginia.org](http://www.virginia.org)

**Turtle Tours, Inc.** - plan a variety of trips - they vary depending how much assistance wheelers require.

Turtle Tours Inc.  
Box 1147,  
Carefree, AZ 85377  
1-888-299-1439  
480-488-3688  
Web site: [www.turtletours.com](http://www.turtletours.com)

**SATH:** Society for the Accessible Travel and Hospitality. Access information and resources for many locations.

347 Fifth Ave., Ste. 610  
New York, NY 10016  
212-447-7284 / Fax 212-725-8253  
E-Mail: [sathtravel@aol.com](mailto:sathtravel@aol.com)  
Web site: [www.sath.org](http://www.sath.org)



## SPINAL CORD INJURY RESOURCE GUIDE



### Travel (cont.)

#### **Vans --Accessible Rental**

**Accessible Vans of America, LLC** - is a nationwide provider of Accessible Vehicles for People with Disabilities. Rent – by the day, the week, or the month.

Web site: **[www.accessiblevans.com](http://www.accessiblevans.com)**

**Accessible Vans of America, LLC**

3306 E. Washington Street, #106

Phoenix, AZ 85034

1-866-333-1594

602-333-1594

E-mail: **[info@wheelchairvanrental.com](mailto:info@wheelchairvanrental.com)**

Web site: **[www.wheelchairvanrental.com](http://www.wheelchairvanrental.com)**

**Rainbow Wheels** 1-800-910-8267 Web site: **[www.mobilityfreedomvans.com](http://www.mobilityfreedomvans.com)**

**Wheelers Accessible Van Rentals**, For reservations nationwide: 1-800-456-1371

Web site: **[www.arizona-accessible-vans.com](http://www.arizona-accessible-vans.com)**

**Wheelchair Getaways, Inc.** Rent fully equipped, wheelchair accessible, luxury vans at more than 60 locations nationwide.

Web Site: **[www.wheelchair-getaways.com](http://www.wheelchair-getaways.com)**

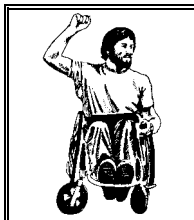
#### **Wheels Up! Travel** (Owners: Mary Ann and Joe Lipinski)

P. O. Box 509

Fanwood, N. J. 07023-0509

888-389-4335

Web site: **[www.wheelsup.com](http://www.wheelsup.com)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Miscellaneous

#### **Abledata**

Database of assistive devices for people with disabilities. Listings include types of equipment, prices and manufacturers' addresses.

Abledata  
8630 Fenton Street, Suite 930  
Silver Spring, MD 20910  
1-800-227-0216 301-608-8912 (TTY) Fax: 301-608-8958  
E-mail: [abledata@macroint.com](mailto:abledata@macroint.com)  
Web site: [www.abledata.com](http://www.abledata.com)

#### **Access Information Bulletins**

Covers a number of topics on accessible design. Pamphlets vary in length from 6-16 pages, include dimensional drawings, diagrams, photographic illustrations. Cost \$1. Available from:

Paralyzed Veterans of America  
Architecture & Barrier Free Design Program  
801 Eighteenth St., NW  
Washington, DC 20006  
800-424-8200 or 202-872-1300  
Web site: [www.pva.org/livingsci/architecture/home](http://www.pva.org/livingsci/architecture/home)

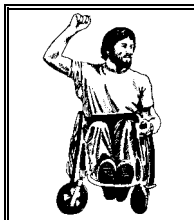
#### **Catalogs**

**adaptABILITY:** Products for quality living – Home and Garden, Health, Foot Care, Exercise, Leisure Time, etc. 100% satisfaction guaranteed. For a free catalog, call 1-800-243-9232. Web site: [www.adaptability.com](http://www.adaptability.com)

**Beyond Barriers Vol. 3:** A catalog of innovative accessibility products to enhance freedom, personal dignity and independent living. Call Access One at 1-800-561-2223.

#### **House Designs**

**Building for a Lifetime--The Design and Construction of Fully Accessible Homes** by Margaret Wyld, Adrian Baron-Robbins & Sam Clark. From the publishers of Fine Homebuilding magazine, this thorough resource is about building houses that meet peoples' needs throughout their lives. The book is targeted to the builder and designer but is well-suited to the homeowner looking for ideas and solutions for inclusive design. Published by Taunton Press, 1994, 304 pp., \$30.57, plus shipping. Available from: AMAZON.com



## SPINAL CORD INJURY RESOURCE GUIDE



### Miscellaneous, cont.

**Ideas for Making Your Home Accessible.** You get over 100 pages (many pictures and illustrations), full of tips and ideas to help you remodel or build. Includes many helpful special devices and where to get them. Out of print. Available from AMAZON.com as used possibly.

**PVA Architecture's Booklet on Accessible Homes. (1998) order # 2500-128**  
\$22.95. Available from PVA at 1-888-860-7244

**Various fact sheets.** Provides basic information about safety standards, describing the different types of ramps available and listing over 30 ramp manufacturers. 12 pages. Cost:\$4.25 each or several together at a lesser cost. Available from:

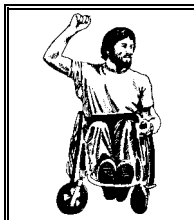
ABLEDATA  
8630 Fenton St., Suite 930  
Silver Spring, MD 20910  
1-800-227-0216  
Web site: [www.abledata.com](http://www.abledata.com)

**Rehabdata.** Database containing bibliographic records of NARIC (National Rehabilitation Information Center). Searches can be conducted through:

NARIC  
4200 Forbes Blvd., Suite 202  
Lanham, MD 20706  
1-800-346-2742  
E-mail: [naricinfo@heitechservices.com](mailto:naricinfo@heitechservices.com)  
Web site: [www.naric.com](http://www.naric.com)

**The Center for Universal Design -** at N. C. State University “promotes, develops and evaluates accessible and universal design for buildings and related products.” It also provides information, referrals and technical assistance.

N. C. State University College of Design  
50 Pullen Road, Brooks Hall, Room 104  
Campus Box 8613  
Raleigh, NC. 27695-8613  
1-800-647-6777 Fax 919-515-7330  
E-mail: [cud@ncsu.edu](mailto:cud@ncsu.edu)  
Web site: [www.design.ncsu.edu](http://www.design.ncsu.edu)



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses

(Note: Many web addresses change or disappear quickly. If you cannot locate the home pages listed here, search the Net by using the organization's name.)

AAPD (American Association of People with Disabilities)

**[www.aapd-dc.org](http://www.aapd-dc.org)**

ABA (American Bar Association) Campaign to Identify Disability Lawyers

**[www.abanet.org](http://www.abanet.org)**

Abledata - A clearinghouse for reference documents, rehabilitation issues and assistive technology.

**[www.abledata.com/](http://www.abledata.com/)**

Access-Able Travel Source - Free service for disabled and mature travelers. Worldwide access information available.

**[www.access-able.com](http://www.access-able.com)**

ADA Home Page:

**[www.usdoj.gov/disabilities.htm](http://www.usdoj.gov/disabilities.htm)**

Aging with Disability

**[www.agingwithdisability.org](http://www.agingwithdisability.org)**

Aging with Spinal Cord Injury

**[www.agingwithsci.org](http://www.agingwithsci.org)**

Allegro - home health care supplies

**[www.allegromedical.com](http://www.allegromedical.com)**

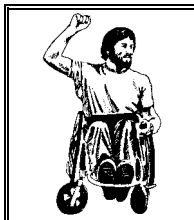
Allsup, Inc. - For late breaking Social Security and Medicare news, transcripts of "The Allsup Report." The website gives computer users comprehensive and up-to-date information on disability, representational services, congressional reengineering and other information that can affect Social Security benefits.

**[www.allsupinc.com](http://www.allsupinc.com)**

**[www.ssa.gov/work](http://www.ssa.gov/work)**

American Syringomyelia Project

**[www.syringo.org](http://www.syringo.org)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

Arkansas Spinal Cord Commission (includes information on their commission, statistics on SCI in Arkansas and U.S., information on ADA, and SCI Fact Sheets.)

**[www.state.ar.us/ascc](http://www.state.ar.us/ascc)**

Association for Attendant Programs Today: Activists rally around getting the physically challenged out of nursing homes to allow for independent living.

**[www.adapt.org](http://www.adapt.org)**

Automated Voice Systems, Inc.

**[www.mastervoice.com](http://www.mastervoice.com)**

Boulevard, The (a new directory that provides an easy way to access information on the Net about products for people with disabilities)

**[www.blvd.com](http://www.blvd.com)**

Branson's Web: Travelers to Branson, Mo., now can report their positive and negative experiences in the "live entertainment capital of the world" via the city's Web site. Planners need to know what kinds of information prospective visitors want.

**[www.branson.net](http://www.branson.net)**

Canine Companions for Independence

**[www.caninecompanions.org](http://www.caninecompanions.org)**

Centers for Disease Control

**[www.cdc.gov](http://www.cdc.gov)**

Christopher Reeves Paralysis Foundation

**[www.apacure.com](http://www.apacure.com)**

Coalition for Disabled Musicians

**[www.disabled-musicians.org](http://www.disabled-musicians.org)**

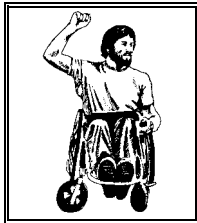
Center for Research on Women with disabilities (CROWD)

**[www.bcm.tmc.edu/crowd](http://www.bcm.tmc.edu/crowd)**

Craig RRTC - Aging with Spinal Cord Injury

**[www.craig-hospital.org](http://www.craig-hospital.org)**





## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

Cure Paralysis Now

**[www.cureparalysis.org](http://www.cureparalysis.org)**

Delta Society - National Service Dog Center

**[www.deltasociety.org](http://www.deltasociety.org)**

Department of Rehabilitation Medicine

**[www.depts.washington.edu/rehab/sci/](http://www.depts.washington.edu/rehab/sci/)**

Department of Veterans Affairs

**[www.va.gov](http://www.va.gov)**

Disability Forum - a comprehensive resource for disability insurance information. Offers educational and legal reference materials, question and answer sessions from industry experts, discussion groups and real life insights from people who have experienced disabilities.

**[www.employease.com](http://www.employease.com)**

Equal Access to software and Information (EASI)

**[www.rit.edu/~easi](http://www.rit.edu/~easi)**

Equal Opportunity Publications' New Online Resume Database: All of the advertisers in their publication, "Careers and the Disabled," have immediate internet access to your resume. Visit their Website and click open the Resume Database section and follow the instructions to complete their special resume form. You can also electronically attach your resume, which will be available online to advertisers interested in your skills and experience. When you complete the necessary information for their Resume Database section, you will be given a security code that will enable you to update your resume, if needed, and to delete it when you find employment. To take advantage of this free job-search opportunity, visit

**[www.eop.com](http://www.eop.com)**

Functional Electrical Stimulation (FES) Information Center

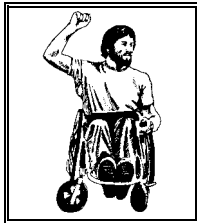
**[feswww.fes.cwru.edu](http://feswww.fes.cwru.edu)**

Guide to the Internet

**[members.aol.com/jb44](http://members.aol.com/jb44)**

Handi-Ramp

**[www.handiramp.com](http://www.handiramp.com)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

Home Care

**[www.homecaremag.com](http://www.homecaremag.com)**

Independent Living Net

**[www.ilru.org](http://www.ilru.org)**

International Center for Disability Information

**[www.icdi.wvu.edu](http://www.icdi.wvu.edu)**

International Wheelchair Aviators

**[www.wheelchairaviators.org](http://www.wheelchairaviators.org)**

InTouch Systems - information on a miniature computer keyboard and mouse designed for people with little or no hand/arm movement.

**[www.magicwandkeyboard.com](http://www.magicwandkeyboard.com)**

JAF Ministries - Joni Eareckson Tada, president, information on 6 national family retreats.

**[www.joniandfriends.org](http://www.joniandfriends.org)**

JAN (Job Accommodation Network)

**[janweb.icdi.wvu.edu](http://janweb.icdi.wvu.edu)**

Library of Congress

**[www.loc.gov/](http://www.loc.gov/)**

Mainstream (disability magazine) Available only on line.

**[www.mainstream-mag.com/](http://www.mainstream-mag.com/)**

National Association for Medical Equipment Services (NAMES) -- includes information about NAMES, legislation and regulations and products geared for home medical equipment service

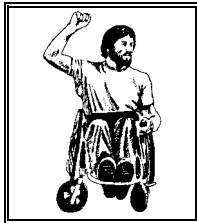
**[www.business.com/search/rslt\\_default.asp?r4=t&query=medical+equipment+trade+organizations](http://www.business.com/search/rslt_default.asp?r4=t&query=medical+equipment+trade+organizations)**

National Center for Dissemination of Disability Research

**[www.ncddr.org](http://www.ncddr.org)**

National Council on Disability

**[www.ncd.gov](http://www.ncd.gov)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

National Institute of Art and Disability

**[www.niadapt.org](http://www.niadapt.org)**

National Institutes of Health

Home Page: **[www.nih.gov](http://www.nih.gov)**

National Library Service for the Blind and Physically Handicapped

**[lcweb.loc.gov/nls](http://lcweb.loc.gov/nls)**

National Organization on Disability

**[www.nod.org](http://www.nod.org)**

National Rehabilitation Information Center (NARIC) Home Page

**[www.naric.com](http://www.naric.com)**

National Spinal Cord Injury Association- this web site is an on-line community for people with disabilities. It connects the world of SCI and unites available support and international resources in one place.

**[www.spinalcord.org](http://www.spinalcord.org)**

National W/C Basketball Association

**[www.nwba.org](http://www.nwba.org)**

National Women's Health Information Center

**[www.4woman.gov](http://www.4woman.gov)**

NetMedia (home automation system)

**[www.homeautomation.com](http://www.homeautomation.com)**

New Mobility

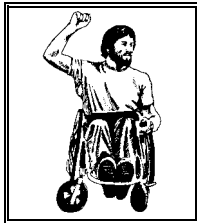
**[www.newmobility.com](http://www.newmobility.com)**

NINDS (neurological institute) Home Page

**[www.ninds.nih.gov/](http://www.ninds.nih.gov/)**

Paralyzed Veterans of America

**[www.pva.org](http://www.pva.org)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

President's Committee on Employment of People with Disabilities - visitors may tap into information on a variety of disability employment issues including fact sheets on statistical data, job accommodations, the ADA, recruitment, interviewing, hiring, and communicating with people with disabilities.

**[www.usccr.gov/pubs/crd/federal/pcepd.htm](http://www.usccr.gov/pubs/crd/federal/pcepd.htm)**

Reeve-Irvine Research Center/American Paralysis Association

**[www.christopherreeve.com](http://www.christopherreeve.com)**

Rehabilitation Engineering and Assistive Technology Society of N. America

**[www.resna.org](http://www.resna.org)**

Reproductive Health

**[www.empowermentzone.com](http://www.empowermentzone.com)**

SCI-Info-Pages

**[www.sci-info-pages.com/factsheets.html](http://www.sci-info-pages.com/factsheets.html)**

Shepherd Center (leading SCI hospital. Good online resources and links.)

**[www.shepherd.org/](http://www.shepherd.org/)**

Social Security Administration

**[www.ssa.gov](http://www.ssa.gov)**

Spinal Cord Injury Research

**[www.reeve.uci.edu](http://www.reeve.uci.edu)**

Spinal Cord Injury Resource Center:

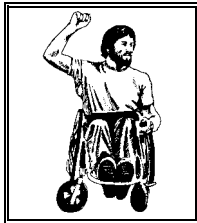
**[www.spinalinjury.net](http://www.spinalinjury.net)**

Spinal Cord Injury Ring: - a collection of cooperative SCI web sites that are all linked through the SCI Ring. The neat thing about the Ring is that you can easily go from one SCI site to another. Personal pages, professional pages, and business pages are all represented. At last count there were 78 members of the SCI Ring.

**[www.tbi-sci.org](http://www.tbi-sci.org)**

Spinewire - the authoritative, upbeat community for persons with spinal cord injury or disease, their loved ones and those concerned with their health and well being. Merger of CanDo.com and Spinewire.com.

**[www.writenews.com](http://www.writenews.com)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

Spinal Cord Injury Information Network (an online source for SCI information collected from 100's of national resources.) Funded by a grant from PVA, SCI Web site development and maintenance is managed by the Training Office of the Dept. of PM&R at the University of Alabama at Birmingham.

**<http://www.spinalcord.uab.edu>**

Sygen (GM-1) use in spinal Cord Injury -

**[www.cureparalysis.org](http://www.cureparalysis.org)**

Tuesday's Child Magazine (for parents of children with disabilities)

**[www.tuesdayschild.com](http://www.tuesdayschild.com)**

United Spinal Association

**[www.unitedspinal.org](http://www.unitedspinal.org)**

U.S. Access Board: Accessibility Guidelines;

**[www.access-board.gov](http://www.access-board.gov)**

Very Special Arts - provides referrals to other arts resources.

**[www.vsarts.org](http://www.vsarts.org)**

Wheelchair Net: Rehabilitation Engineering Research Center on wheeled mobility.

**[www.wheelchairnet.org](http://www.wheelchairnet.org)**

Wheels Up! Wheelchair travel specialists

**[www.wheelsup.com](http://www.wheelsup.com)**

Women and aging

**[www.brandeis.edu/heller/national/ind.html](http://www.brandeis.edu/heller/national/ind.html)**

Women with disabilities

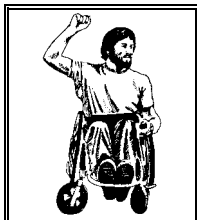
**[www.stauros.org/notebooks/v12n3a01.html](http://www.stauros.org/notebooks/v12n3a01.html)**

Work Site; to promote the employment of social security beneficiaries with disabilities

**[www.ssa.gov/work](http://www.ssa.gov/work)**

World Association of Persons With Disabilities [WAPD]

**[www.wapd.org](http://www.wapd.org)**



## SPINAL CORD INJURY RESOURCE GUIDE



### Internet Addresses (cont.)

Yahoo - Do a search on this website under the topic of Health-Diseases-Disabilities and see hundreds of choices.

[www.yahoo.com](http://www.yahoo.com)

### SCI Fertility Programs

#### DISTRICT OF COLUMBIA

Stephen Seager, DVM  
National Rehabilitation Hospital  
102 Irving Street, Northwest  
Washington, DC 20010  
202-877-7535  
FAX: 202-877-6592

Lauro Halstead, MD  
National Rehabilitation Hospital  
102 Irving Street, Northwest  
Washington, DC 20010  
202-877-1653

#### VIRGINIA

Devine-Fiveash Urology, Ltd.  
Devine-Tidewater Urology  
6333 Center Drive  
Building 16  
Norfolk, VA 23502  
Tel: 757-457-5100  
(Dr. Schlossberg)



# SPINAL CORD INJURY RESOURCE GUIDE



## SUPPORT NETWORKS

### **Inova Fairfax Hospital SCI Support Group**

3300 Gallows Road  
Falls Church, Virginia 22046  
2<sup>nd</sup> Thursday of each month 6:30 - 8:00 p.m. Speakers each month  
E-mail: [anna.bradford@inova.com](mailto:anna.bradford@inova.com)

Anna Bradford  
703-698-3201

### **Old Dominion Chapter, NSCIA**

Richmond, Virginia 23226

Shawn Floyd

### **SCI Network of Metropolitan Washington**

51 Monroe Street, Plaza West 9  
Rockville, Maryland 20850

Steven Towle  
301-424-8335

### **Tidewater SCI Support Group**

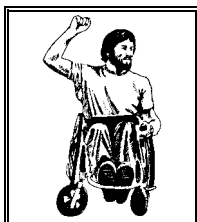
Independence Center  
Norfolk, Virginia 23502

757-461-8007

### **Virginia Mid-Atlantic Chapter Paralyzed Veterans of America**

11620 Busy Street  
Richmond, Virginia 23236

John Jackson, President.  
1-800-852-7639



## SPINAL CORD INJURY RESOURCE GUIDE



### Department of Rehabilitative Services (DRS) Local Offices

Abingdon Office	276-676-5565	Medicaid Richmond	804-662-9222
Alexandria Office	703-960-3411	Norfolk Office	757-455-0831
Annandale Office	703-813-1340	Petersburg Office	804-524-3950
Charlottesville Office	434-296-5621	Richlands Office	276-963-1028
Chesterfield Office	804-674-2369	Richmond Office	804-367-0175
Christiansburg Office	540-381-7122	Roanoke Office	540-776-2731
Culpeper Office	540-829-7360	South Boston Off	434-575-7949
Danville Office	434-791-5257	St. Paul Office	276-762-5561
DRS Central Office Richmond	804-662-7000	UVA Office - Charlottesville	434-924-8329
Eastern Shore Office	757-787-5992	Virginia Beach Off	757-683-8440
FairFax Office	703-359-1124	Warsaw Office	804-333-4386
Farmville Office	434-392-8189	Williamsburg Off	757-253-4817
Fishersville Office	540-332-7700	Winchester Office	540-722-3453
Franklin Office	757-562-6151	Woodrow Wilson – Fishersville	540-332-7390
Fredericksburg Off	540-899-4161	Wytheville Office	276-228-2108
Hampton/NN Off	757-865-4863	Central Office Toll Free	1-800-552-5019
Harrisonburg Office	540-434-5981		
Henrico Office	804-662-7123		
Leesburg Office	703-771-4775		
Lynchburg Office	434-947-6721		
Manassas Office	703-335-5550		
Marion Office	276-781-7466		
Martinsville Office	276-632-7161		





## SPINAL CORD INJURY RESOURCE GUIDE



### VIRGINIA CENTERS FOR INDEPENDENT LIVING

Offer the following services: information and referral, independent living skills building, peer counseling and advocacy. Services may also include technical assistance, housing registry and placement, personal care attendant registry, resource library, volunteer services, and group cultural and social activities.

#### **Junction Center for Independent Living**

147 Plaza Road, Suite 229

P. O. Box 1210

Norton, VA 24273

Dennis Horton, Acting Director

E-mail: [jcil2@mounet.com](mailto:jcil2@mounet.com)

276-679-5988 V/TTY

276-679-6569 FAX

#### **Clinch Independent Living Services**

P. O. Box 2741, East 460

Grundy, Virginia 24614

Betty Bevins, Executive Director

E-mail: [cils@netscope.net](mailto:cils@netscope.net)

276 935-6088 V/TTY

276 935-6342 FAX

#### **Appalachian Independence Center**

230 Charwood Drive,

Abingdon, Virginia 24210

Greg Morrell, Executive Director

E-mail: [gmorrell@naxs.net](mailto:gmorrell@naxs.net)

276 628-2979

276 628-4931 FAX

276 676-0920 TTY

#### **Blue Ridge Independent Living Center**

1502-B Williamson Road, NE

Roanoke, Virginia 24012

Karen Michalski-Karney, Executive Director

E-Mail: [kmichalski@brilc.org](mailto:kmichalski@brilc.org)

540 342-1231

540 342-9505 FAX

#### **Valley Associates for Independent Living**

205 B Liberty Street

Harrisonburg, VA. 22801

Marcia DuBois, Executive Director

E-Mail: [vail@govail.org](mailto:vail@govail.org)

540 433-6513

540-433-6313 FAX

540-438-9265 TTY

#### **Access Independence, Inc.**

403 B South Loudoun Street

Winchester, Virginia 22601

Kim Schick, Executive Director

E-mail: [AskAI@accessindependence.org](mailto:AskAI@accessindependence.org)

540 662-4452

540 662-4474 FAX

540 722-9693 TTY

800 835-2716 Toll free

#### **Endependence Center of Northern Virginia**

703-525-3268



## SPINAL CORD INJURY RESOURCE GUIDE



3100 Clarendon Blvd.  
Arlington, Virginia 22201  
Michael Cooper, Executive Director  
E-mail: [info@ecnv.org](mailto:info@ecnv.org) [www.ecnv.org](http://www.ecnv.org)

703-525-3585 FAX  
703 525-3553 TTY

### VIRGINIA CENTERS FOR INDEPENDENT LIVING, cont.

#### **Independence Empowerment Center**

9001 Diggs Rd. STE. 103  
Manassas, VA. 20110  
Bill Ward, Executive Director  
E-Mail: [iecinc@starpower.net](mailto:iecinc@starpower.net)

703-257-5400 V/TTY  
703-257-5043 FAX  
703-346-5521 Cell

#### **Independence Resource Center**

815 Cherry Avenue  
Charlottesville, Virginia 22903-3448  
Tom Vandever, Executive Director  
E-Mail: [tvandever@ntelos.net](mailto:tvandever@ntelos.net)

434-971-9629 V/TTY  
434-971-8242 FAX

#### **Lynchburg Area Center for IL**

500 Alleghany Ave., Suite 520  
Lynchburg, Va. 24501  
Walter E. Sabin, Director  
E-Mail: [LACIL@lacil.org](mailto:LACIL@lacil.org)  
[www.LACIL.org](http://www.LACIL.org)

434-528-4971  
434-528-4976 FAX  
434-528-4972 TTY

#### **Piedmont Independent Living Center**

509 Piney Forest Road  
Danville, Va. 24540  
Clarence Dickerson, Executive Director  
E-Mail: [pilc@gamewood.net](mailto:pilc@gamewood.net)

434-797-2530 V/TTY  
434-797-2568 FAX  
434-797-2535

#### **Resources for Independent Living, Inc.**

4009 Fitzhugh Avenue  
Richmond, Virginia 23230  
Sandra Wagener, Executive Director  
E-Mail: [Cvilc5@aol.com](mailto:Cvilc5@aol.com)

804-353-6503  
804-358-5606 FAX  
804-353-6583 TTY

#### **disAbility Resource Center**

409 Progress Street  
Fredericksburg, Virginia 22401  
Rob Boyd, Executive Director  
E-Mail: [rob@drc-fredericksburg.org](mailto:rob@drc-fredericksburg.org)

540-373-2559  
540-373-8126 FAX  
540-373-5890 TTY  
1-800-648-6324 toll-free

#### **Eastern Shore Center for Independent Living**

757-414-0100



## SPINAL CORD INJURY RESOURCE GUIDE



4376 Lankford Highway, Suite 3  
Exmore, Virginia 23350  
Althea Pittman, Executive Director  
E-Mail: [Althea@esva.net](mailto:Althea@esva.net)

757-414-0205 FAX  
757-414-0080 TTY  
1-888-787-2033 Toll Free

### VIRGINIA CENTERS FOR INDEPENDENT LIVING, cont.

#### **Endeppendence Center, Inc.**

6320 North Center Drive, Suite 100  
Norfolk, Virginia 23502  
Steve Johnson, Executive Director  
E-Mail: [ecinorf@endeppendence.org](mailto:ecinorf@endeppendence.org)

757-461-8007  
757-455-8223 FAX  
757-461-7527 TTY

#### **Peninsula Center for Independent Living**

2021-A Cunningham Drive, Suite 2  
Hampton, VA 23666  
Ralph Shelman, Executive Director  
E-Mail: [iepcil@aol.com](mailto:iepcil@aol.com)

757-827-0275  
757-827-0655 FAX  
757-827-8800 TTY

#### CIL Satellites

##### Crater District CIL Satellite (CVILC)

1845 Fort Mahone Street  
Petersburg, VA 23805-2403  
Yvonne Sultey, Staff Contact  
804-862-9338 V/TTY  
804-862-6177 FAX

##### New River Valley Satellite Office (BRILC)

215 Roanoke Street  
Christiansburg, VA  
Ned Bane, Staff Contact  
540-381-8829 V/TTY



## SPINAL CORD INJURY RESOURCE GUIDE



### VIRGINIA CENTERS FOR INDEPENDENT LIVING, cont.

All CILs offer the following services:

**Information and Referral** - increases awareness of products, services and data related to disability issues.

**Independent Living Skills Building** - meets the needs of persons with little or no prior experience in managing their own housing, transportation, attendant care, or personal, medical, financial and other needs. Emphasis is placed upon problem-solving, self-advocacy and assertiveness.

**Peer Counseling** - provides an opportunity to meet regularly with other disabled individuals who combine counseling skills with personal disability experiences.

**Advocacy** - gives the individual information and assistance as needed for clarifying, educating, and/or acting to promote and protect the rights, services and opportunities of persons with disabilities. Includes both individual and systems advocacy.

For further information from individual Centers, please contact them directly.

### DISABILITY SERVICES BOARDS

**For the Representative from your area please call the DRS Central Office in Richmond and request this information at 1-800-552-5019**



## SPINAL CORD INJURY RESOURCE GUIDE



### MODEL SPINAL CORD INJURY SYSTEMS

The Model Spinal Cord Injury System program, sponsored by the National Institute on Disability and Rehabilitation Research (NIDRR), provides assistance to establish innovative projects for the delivery, demonstration, and evaluation of comprehensive medical, vocational, and other rehabilitation services to meet the needs of individuals with spinal cord injury.

Model System Centers across the United States work together to demonstrate improved care, maintain a national database, participate in independent and collaborative research and provide continuing education relating to spinal cord injury. Projects are currently located in the following states;

#### **UAB Model Spinal Cord Injury Care System**

**Amie B. Jackson, M.D., Director**

University of Alabama at Birmingham

Dept. of Physical Medicine & Rehabilitation

619 19<sup>th</sup> Street South, SRC 529

Birmingham, AL 35249-7330

Contact: Pam Mott

Phone: 205-934-3283

FAX: 205-934-4642

TTY: 205-975-4691

E-mail: [mott@uab.edu](mailto:mott@uab.edu)

<http://main.uab.edu/show.asp?durki=10712>

#### **California Model Spinal Cord Injury System**

**Tamara Bushnik, Ph.D.**

Santa Clara Valley Medical Center

Rehabilitation Research Center

751 S. Bascom Avenue

San Jose, CA 95128

Phone: 408-793-6446

FAX: 408-793-6434

E-mail: [tamara@tbi-sci.org](mailto:tamara@tbi-sci.org)

<http://www.tbi-sci.org/sci.html>

#### **Regional Spinal Cord Injury Care System of Southern California**

**Robert L. Waters, M.D. and Rob Adkins, Ph.D.**

Rancho Los Amigos National Rehabilitation Center

7601 E. Imperial Highway, HB 117

Downey, CA 90242-4155

Phone: 562-401-7049

FAX: 562-803-5623



## SPINAL CORD INJURY RESOURCE GUIDE



TTY: 562-803-4533

E-mail: [rodjean@comcast.net](mailto:rodjean@comcast.net)

### MODEL SPINAL CORD INJURY SYSTEMS (cont.)

#### **Rocky Mountain Regional Spinal Cord Injury System** **Daniel P. Lammertse, MD and Gail G. Whiteneck, PhD**

Craig Hospital

3425 South Clarkson St.

Englewood, CO 80110-2811

Phone: 303-789-8214 FAX: 303-789-8219

TTY: 303-789-8575

E-mail: [smanley@craighospital.org](mailto:smanley@craighospital.org)

[www.craighospital.org/Research/SCIModelsystems.asp](http://www.craighospital.org/Research/SCIModelsystems.asp)

#### **South Florida Regional Spinal Cord Injury Model System**

**Marca L. Sipski, MD**

University of Miami

School of Medicine

P. O. Box 016960 (D-461)

Miami, FL 33101

Phone: 305-585-1339

Fax: 305-585-1340

E-mail: [Lfisher@miamiproject.med.miami.edu](mailto:Lfisher@miamiproject.med.miami.edu)

[www.SCI.med.miami.edu](http://www.SCI.med.miami.edu)

#### **Georgia Regional Spinal Cord Injury Care System**

**David F. Apple, Jr., M.D. and Lesley M. Hudson, MA**

Shepherd Center

Crawford Research Institute

2020 Peachtree Road NW

Atlanta, GA 30309-1402

Phone: 404-350-7582 FAX: 404-355-1826

E-mail: [lesley\\_hudson@sheperd.org](mailto:lesley_hudson@sheperd.org)

[www.shepherd.org](http://www.shepherd.org)

#### **New England Regional Spinal Cord Injury Center**

**Steve Williams, MD**

NE Regional SCI Center

Boston Medical Center, Preston F511

732 Harrison Avenue

Boston, MA 02118-2393



## SPINAL CORD INJURY RESOURCE GUIDE



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### MODEL SPINAL CORD INJURY SYSTEMS (cont.)

#### **University of Michigan Model Spinal Cord Injury Care System**

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#### **Missouri Model Spinal Cord Injury (MOMSCIS)**

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#### **Northern New Jersey Spinal Cord Injury System (NNJSCIS)**

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### MODEL SPINAL CORD INJURY SYSTEMS (cont.)

#### **Mount Sinai Spinal Cord Injury Model System**

##### **Kristjan T. Ragnarsson, MD**

Mount Sinai School of Medicine

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[www.mssm.edu/rehab/spinal/](http://www.mssm.edu/rehab/spinal/)

#### **Regional Spinal Cord Injury Center of the Delaware Valley (RSCICDV)**

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[www.spinalcordcenter.org](http://www.spinalcordcenter.org)

#### **Texas Model Spinal Cord Injury System**

##### **William H. Donovan, MD**

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### MODEL SPINAL CORD INJURY SYSTEMS (cont.)

#### **VCU Model Spinal Cord Injury System**

**William O. McKinley, MD and David X. Cifu, MD**

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#### **Northwest Regional Spinal Cord Injury System**

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## SPINAL CORD INJURY RESOURCE GUIDE



### MODEL SPINAL CORD INJURY SYSTEMS (cont.)

**The Model Spinal Cord Injury Systems (MSCIS) Dissemination Center** is a collaborative effort between the Model Spinal Cord Injury Centers and the spinal cord injury collaborative research projects. The MSCIS Dissemination Center provides information on MSCIS research and publications via the Internet to any inquirer. Center staff members also respond to telephone or mail inquiries.

Model Spinal Cord Injury Systems (MSCIS) Dissemination Center

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**[www.mscisdisseminationcenter.org](http://www.mscisdisseminationcenter.org)**

**The National Spinal Cord Injury Statistical Center (NSCISC)** supervises and directs the collection, management and analysis of the world's largest spinal cord injury database.

National Spinal Cord Injury Statistical Center

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University of Alabama at Birmingham

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